# The Defender

1904-2004 A Century of St. Michael's College

November 17, 2004 St. Michael's College Student Newspaper Volume XXIV, Issue 8

Photo courtesy of Robert Fleming

**Professor of religious studies Robert Lair (in back) with refugees at Imbeppi Refugee Settlement in Uganda.**

# Uncharted territory

## *SMC first to visit refugee settlement in Uganda*

**By Jelean Durrant**
Staff Writer

A group of eight students and three leaders from St. Michael's College will travel to Uganda as the first group to visit Imbeppi Refugee Settlement Camp. The group will leave in May for three weeks working on various projects at the camp.

"I think that this is an amazing opportunity," said senior Ashley George. "I'm so lucky to have such great people at St. Mike's that give us opportunities like this. Hopefully, being the first group to this refugee camp will encourage others to do the same."

The trip was inspired when religious studies professor Robert Lair and his wife, professor of anthropology and sociology Adrie Kusserow, met Atem Deng, a local Sudanese refugee settling in Vermont. He told them the story of his life in Uganda.

"The stories were strong and tragic," Lair said. "We wanted to learn more."

Before the students embark on this quest, they must prepare for the experience, Lair said. They are expected to read books, watch movies and documentaries, and have discussions on the civil war in Sudan, the Sudanese culture, geography, religion, economics, politics and women's influence in the country. The students will also spend time with the Sudanese refugees known as the "lost boys" to hear and understand their experience.

"There are many purposes for this trip," Lair said. "We want students to open their eyes to the world refugee crisis, the Sudanese refugee crisis specifically."

Lair said the trip is a way to make students aware of issues that come with being a refugee, such as poverty, health issues, the lack of education, a feeling of displacement, homelessness and slavery.

"There are many cases of modern slavery in Sudan and Uganda that we want the students to be aware of," Lair said.

Upon arrival, the group will spend a week with Deng's family in Kampala. Each student will gather what Lair described as personal narratives by having daily interviews with an assigned refugee. This is a way the students can get to know at least one refugee better and learn how their lives have been changed by the civil war in Sudan, which has forced them to Uganda.

"These refugees are all from Sudan, including all the people in the camps we will visit," Lair said. "Generally, it's a story of 21 years of being run out of their homes."

The conflict in Sudan reignited in February 2003 when two rebel groups, the Sudan Liberation Army and the Justice and Equality movement, rose against government military installations in the region in retaliation for economic and political marginalization. They also accused the government of arming Arab militias, called the Janjaweed, to drive African farmers from their lands in a campaign of ethnic cleansing which the U.S. Congress has now

**See UGANDA, Page 3**

# Alliot makes the grade in health inspection

**By Matt Ryan**
Staff Writer

Al Burns has seen everything from rat infestations to Band-Aids in burgers in his 23 years as the Vermont Department of Health's supervisor.

"I saw a guy cutting food on a kitchen floor once," Burns said. "When we inspect a place, we try to make the inspection a learning process. We explain why something such as cutting food on a kitchen floor is wrong."

Burns supervises eight sanitarians who inspect every eating establishment in Vermont at least once every 12 to 16 months. The inspectors arrive unannounced during business hours and deduct points from a score of 100 for each health code infraction they discover. An establishment that scores below a 70 is forced to close until reinspected.

Last November St. Michael's Alliot Green Mountain dining hall scored an 87 after inspection.

Burns said the state's method of inspection is modeled after the Food and Drug Administration's food code, which considers 44 items including ventilation, plumbing and employee hygiene.

Alliot's scored higher than the University of Vermont's Simpson Dining Hall, which scored an 85 in October, and Champlain College, which scored a 79 in February. St. Michael's dining hall not only scored higher than other colleges in the Burlington area, but other Vermont colleges as well.

"Alliot is pretty clean compared to other school cafeterias I've eaten in, like the one at UVM," said Adis Vehabovic, a UVM student who has worked at Alliot for five years.

"It's not gross," said sophomore Michele Gutsick. "I found a hair in my sandwich once, but it could have been mine."

"One time I had a moldy tomato in my sandwich," said sophomore William Keyser, "so I stopped eating it."

Alliot's health standards compliment Sodexho's food safety program, Hazard Analysis and Critical Control Points, said Hank Strashnick, the general manager of dining services.

"State inspectors used to

**See HEALTH, Page 3**

### Health inspection scores of college dining halls in Vermont

| Establishment | Score |
|---|---|
| St. Michael's College (Green Mtn. dining hall) | 87 |
| University of Vermont (Simpson dining hall) | 85 |
| Champlain College | 79 |
| Middlebury College (Ross dining hall) | 85 |
| Goddard College | 92 |
| Green Mountain College | 86 |
| Johnson State College | 87 |

(All scores, out of 100, are based on most recent data from Vermont Department of Health. **For more, see Page 3**)

# 3-year IT plan

## *Keeping up with outdated computers*

**By Todd Watkins**
Staff Writer

In the last two years, nearly all departments at St. Michael's College have seen their computers replaced with newer models. The Information Technology Department tries to keep up with the speed at which older models become outdated.

In 2003, St. Michael's instituted the Lifecycle Replacement Program, an attempt to streamline the process of replacing outdated computers. Joann Trottier,

**See COMPUTERS, Page 3**

## INDEX


| | |
|---|---|
| News | 1 |
| Opinion | 6 |
| Politics | 7 |
| Features | 8 |
| Arts & Entertainment | 12 |
| Health & Fitness | 16 |
| Outdoors | 17 |
| Calendar & Columns | 19 |
| Sports | 22 |


## INSIDE

**Sports**
Women's hockey season begins.
**Page 24**

**A&E**
Documenting the music scene.
**Page 12**

**H & F**
Students and poor calcium intake.
**Page 16**

**Outdoors**
Shape up for ski season.
**Page 17**

**Politics**
Smoking ban passed in Winooski.
**Page 7**

# St. Michael's College Security Log

**Excerpts from the Nov. 05 - Nov. 11 security reports. Courtesy of the St. Michael's College Office of Security.**

**Friday, Nov. 05**
**12:11 a.m.** Fire at 200s Townhouse
**11:19 p.m.** Vandalism at Alumni Hall

**Saturday, Nov. 06**
**12:06 a.m.** Vandalism at Tarrant Rec. Center
**12:06 a.m.** Suspicious persons at Tarrant Rec. Center
**1:31 a.m.** Assault at Alumni Hall
**2:15 a.m.** Noise complaint at Ethan Allen Apartments
**3:12 a.m.** Suspicious persons at 100s Townhouses
**3:16 a.m.** Suspicious persons at Hodson Hall
**3:26 a.m.** Noise complaint at Ryan Hall
**3:55 a.m.** Nuisance complaint at Ryan Hall
**3:59 a.m.** Vandalism at Ryan Hall

**Sunday, Nov. 07**
**1:07 a.m.** Vandalism at 100s Townhouses
**1:15 a.m.** Suspicious persons at Cashman Hall
**3:21 a.m.** Suspicious persons at Ryan Hall
**4:17 a.m.** Trespass at Johnson Ave.
**4:17 a.m.** Larceny/theft at Johnson Ave.
**9:11 a.m.** Alcohol violation at Alumni Hall
**10:04 a.m.** Suspicious persons at Hoehl
**6:15 p.m.** Odor violation at Cashman Hall

**Monday, Nov. 08**
**12:25 a.m** Nuisance Complaint at Ryan Hall
**4:23 p.m.** Larceny/theft at St. Edmunds Hall
**8:08 p.m.** Larceny/theft at the Library
**9:53 p.m.** Odor violation at Joyce Hall

**Tuesday, Nov. 09**
**1:10 a.m.** Alcohol violation at Alumni Hall
**2:30 p.m.** Towed vehicle from off campus
**11:10 p.m.** Noise complaint at 200s Townhouses

**Wednesday, Nov. 10**
**6:25 a.m.** Suspicious persons at Durick Library
**10:28 p.m.** Vandalism at Hamel Hall

**Thursday, Nov. 11**
**4:15 p.m.** Unlawful entry at 100s Townhouses

# Chalk it up to experience-based learning

## *Roger Putzel has created a unique class where students teach and grade themselves*

**By Kelly Joan Murphy**
Staff Writer

Walking past St. Edmund's Hall Room 109 on Tuesdays and Thursdays before noon, you will hear Professor Roger Putzel's Management and Organizational Behavior class in session, but you won't hear him talking. Putzel conducts class in a "experienced based" style, also knows as XB. The class is essentially run like a business, where the teacher is the boss and delegates all the work to the students, who then teach themselves.

XB entails having "a classroom as an organization that engages participants with the skills, attitudes, and knowledge of management," said Putzel.

In addition to teaching themselves, students also grade each other.

"I am not objective enough in my grading yet," said Putzel, who concentrates on observing his students and reading their work. Putzel delegates grading to the students, but reserves the final say. "Grading is done by rank order of students, no ties allowed."

Students are broken up into four small groups representing different parts of a business. There is the responsibility department, the doing department, the observing department and the understanding department.

Each group creates its own criteria to rank each other. One group's criteria consisted of participation, attendance and tasks completed.

"First, I delegate most of the grading to the control group. Second, I require all grades to be done in rank order. Third, I collect a lot of data – masses of data – so that mistakes and dishonesty wash out," said Putzel.

"Then at the end of the term I get from the control team the rank order of points and it comes out a beautiful normal curve. I take the place where there are major breaks in points and tend to use those points as the letter grades," Putzel said.

Students often let their friendships or lack of friendships get in the way of ranking fairly based on the criteria.

The grading system causes conflict, junior Johanne Skelley said, "but that's what this class is all about."

Senior Jess Bedrosian said ranking "makes people work harder because they want to show they deserve to be ranked the highest. People get really competitive about it."

"It isn't always pleasant, but life isn't always pleasant," Putzel said. "We're not trying to be pleasant, we're trying to be real."

Junior Will Rothermel said his classmates focus too much on the rankings.

"I worried a little in the beginning of the year because it was peer based, but I feel the whole experience will out weigh the grades. I learned quite a bit more than any grade could quantify."

Putzel started building the XB style after a conference at the University of New Hampshire in 1984, where he was introduced to UNH's model of this alternative style of learning. He started to form his own version in 1986, which he appropriately named XB: The Experience Based Learning Organization.

"You take everything a teacher does," Putzel said, "program it by simplifying it, writing it down and essentially creating a cook book saying 'here's how to do whatever it is the class is based on and then delegate it.'"

Eric Nelson, a business professor at St. Michael's, has adopted Putzel's style of teaching and applied XB when teaching courses such as Management and Organizational Behavior and Teams and Team Building.

"People rank all the time they just don't do it academically," Nelson said. "Someone has to be on the top and someone has to be on the bottom."

Nelson is leaving at the end of the year.

"The reason I got the new job was predominately because of the nontraditional way of teaching. I have a requirement of the new job to teach more of the XB style." Nelson will begin teaching at Central Missouri State University in the fall.

Putzel said the ranking is all done so that students "land on their feet when they graduate. Even in their summer jobs, they are seeing things they were blind to before. They observe better and take responsibility much more."

Professor Robert Kenny, chairman of the department of business administration and accounting, said the XB style of teaching "is effective for a good number of students. It offers an alternative way of education."

Putzel hopes to promote XB and "leave a trail of bread crumbs" by handing out scarves with the XB logo and Web site on them at academic conferences where he brings this style of aching. Putzel said he has been able to influence professors at more than a dozen colleges.

"It's the most exciting class I've had in college," Rothermel said. "It pertains most to my future professional career. In a few years I feel I will be applying this experience."

Putzel encourages students to take his XB course despite their major, and professors to teach it despite their subject matter.

"My career goal is to have it survive me," Putzel said.

Photo by Kelly Joan Murphy
**Junior Greg Sauer (in black) teaches a group of business students in Roger Putzel's "experience based" course in St. Edmund's foyer.**


**Defender staff**

**Executive Editor**
Abigail Sweetser
Asweetser@smcvt.edu

**Managing Editor**
Amanda Blaszyk

**News Editors**
Erin Britt
Sean Cooley

**Features Editor**
Mike Kelley

**Politics Editor**
Anna Fitzgibbons

**A&E Editor**
Alex Ostrowski

**Outdoors Editor**
Katelyn Krumperman

**Health & Fitness Editor**
Colleen Rainsford

**Columns Editor**
Lindsey Shumway

**Sports Editor**
Mark Byron

**Photo Editors**
Raina Jensen
Jim Whitman

**Ad Manager**
Nick Towne

**The Defender**
**Office:**
Bergeron 114
**Phone number:**
(802) 654-2421
**E-mail address:**
defender@smcvt.edu
**Mailing address:**
P.O. Box 275
St. Michael's College
Colchester, Vt. 05439
**Printed weekly by:**
B.D. Press (Georgia, Vt.)



Thanksgiving & Gift-giving
City Market has ALL the ingredients...
For your home-cooked meals with family & friends
Or tasty and sensual holiday gifts:
Soaps & lotions, candles, specialty foods, & more.
Catscratch, Knight & Cccash cards, EBT cards & manufacturers' coupons welcome!
Entertaining?
open 7am-11pm daily
Check out our exciting new Catering Menu!
Your Community-Owned Grocery Store
82 South Winooski Avenue, Burlington
www.citymarket.coop • 802-863-3659
City Market

NEWS

# COMPUTERS: IT's three-year plan for office upgrades

**Continued from Page 1**

associate director of resource management, is in charge of the replacement program and welcomed a new approach to the issue.

The program, Trottier said, puts all departments and offices on a three-year update schedule. This year, for example, most of the non-academic departments were scheduled for an update. Physical Plant, Campus Ministry, Human Resources, Health Services and other administrative offices received new computers over the course of the summer and fall of this year.

Starting in the summer of 2003, the IT Department began replacing computers in all academic departments. All faculty members received new Gateway laptops.

The program operates on a $500,000 annual budget. This figure, according to Trottier, is reached by counting the number of computers that will need to be replaced in a given year, then finding out which company can offer the best deal on a bulk purchase. There are approximately 900 computers on St. Michael's campus, a number too great to replace all at once. Therefore, computers are replaced in groups of 300 per year, in order to work within budget constraints, Trottier said.

> "There's no reason that computers need to become outdated so fast. I think it just buys into this whole idea of planned obsolescence."
>
> – **Tara Natarajan-Marsh**
> economics professor

Computers at St. Michael's are on a three-year replacement schedule because the warranties for the new computers usually apply for three years. In some instances, however, technological evolution determines that some computers will need to be updated sooner, such as those in the multimedia labs, and in the journalism department.

Once a phase of the program has been completed, the outdated models are packaged together and shipped to a third-party vendor. The vendor then assesses the value of what it receives and pays St. Michael's an amount based on how much can be recycled and reused. This money is then used to purchase the next batch of computers.

Computer equipment not involved in the program, such as old printers and monitors, goes to the property maintenance department at St. Michael's. The miscellaneous pieces are collected from various sites around the campus and placed in storage on North Campus, said Dayton Sawyer, an employee in the property maintenance department. When a significant amount has been collected, it is taken to the Chittenden Solid Waste District in Williston.

In the United States nearly 60 million computers will become obsolete this year, which is why Chittenden Solid Waste District's Web site suggests that people needing to dispose of computers bring older models that are still in working condition to a computer re-use site such as Recycle North or Budget Computer, both in Burlington.

The updating of computers happens frequently at St. Michael's. Joanne Nelson, associate director of Campus Ministry, had her computer replaced last fall, then again this fall. Although it hasn't drastically affected her work, she does see advantages in the decision to provide laptops as opposed to bulky desktop PCs.

"I spend enough time in my office as it is, so I would never take work home with me," Nelson said. "But when I was traveling for the college, it did help to be able to take my computer with me."

The rapid obsolescence and replacement of computers does not sit well with Tara Natarajan-Marsh, professor of economics at St. Michael's. Her computer was replaced in the summer of 2003, but she feels that the replacement might have been unnecessary.

"I think the industry arbitrarily sets these standards on the rate at which computers become useless," she said. "There's no reason that computers need to become outdated so fast. I think it just buys into this whole idea of planned obsolescence."

# Alliot: Dining hall shines in inspection

**Continued from Page 1**

mark you off for dust in a corner or a cobweb in the windowsill, but now they've come more into line with the HACCP guidelines," Strashnick said. According to the HACCP, exposure time and temperature determine the safety of food.

However, Alliot lost five points during the inspection for preparing food between 40 and 140 degrees Fahrenheit, one of 13 "critical violations" the state considers most likely to cause food sickness.

"A new cook was preparing meat for an exhibition we were holding," Strashnick said of the violation. "He was seasoning three or four trays of meat at the same time and the inspector measured the temperature of the meat to be somewhere in the 40s."

Strashnick said the cook should have taken one tray of meat at a time from refrigeration and recorded the time he took it out.

"If you can't document the time a food product's been out, regardless of its temperature, it has to be thrown out," Strashnick said.

Overall, Strashnick was pleased with Alliot's score.

"Our problems were isolated incidents, not systematic habits," Strashnick said. He said the National Sanitation Foundation, a third-party testing institution in water treatment, conducted an audit a month after the state's inspection and scored Alliot 96 out of 100.

Strashnick stressed the efforts Alliot has made to comply with the state's demands, such as displaying silverware upright with handles out to discourage customers from touching the fork prongs or knife blades.

**Vermont restaurants popular among college students**

| Establishment | Score |
|---|---|
| **Colchester** | |
| Purple Knights Pizza and Deli | 84 |
| Juniors | 86 |
| **Burlington** | |
| Mr. Mikes Pizza | |
| 10/13/04 | 78 |
| 10/15/04 | 94 |
| Tortilla Flat | 84 |
| Bruegger's Bagel Bakery | 94 |
| Paradise Burritos | 87 |
| Sweetwaters | |
| 11/05/03 | 80 |
| 12/13/03 | 89 |
| Manhattan Pizza & Wings | 70 |
| McDonalds | |
| 4/21/04 | 77 |
| 11/12/04 | 94 |
| NECI | 92 |
| Three Tomatoes | 90 |
| Ahli Baba's Kabob Shop | |
| 8/27/04 | 65 |
| 8/27/04 | 83 |
| **Essex Junction** | |
| Ming's | 74 |
| Wendy's | 87 |
| **Winooski** | |
| Papa Frank's | 97 |

"We try our best to combine health regulations with customer convenience," Strashnick said.

Strashnick said health concerns did not factor into Alliot's renovation last summer. He said the dining hall was renovated to create more refrigeration space.

# UGANDA

**Continued from Page 1**

called a "genocide."

Indiscriminate killing, mass rapes, looting of livestock and the burning of villages at the hands of government troops and militias have resulted in 50,000 deaths and forced an estimated 1.2 million people from their homes.

According to Lair, the group will be working with the United Nations High Commissioner for Refugees, an agency that is in charge of 20 million refugees worldwide, which is combining with other NGOs to create the space for the camps, feed the people in them, give medical care and educate them.

The groups will focus on a specific camp called the Imbeppi Refugee Resettlement Camp that has about 25,000 people. They plan to build a new secondary school building, create a teacher training program, and build five nursery schools so that 1,200 children will qualify for world food programs.

The group also plans to try to extend the education level to high school; currently the program educates only up to sixth grade.

The eight St. Michael's students were chosen to go to Uganda after completing a rigorous application process. The students had to write essays on why they were interested in the service learning trip and obtain faculty recommendations.

"I think that this will be a life-changing experience," said first-year Molly Durand. "I've never done anything like this and it will open my eyes to the conditions that people face around the world that I hadn't known about."


# "JUST ONE" CLASS COMPETITION

## WIN $1,000

Help your class WIN $1,000

Refer the name of a prospective student to the Office of Admission

Refer a student online at www2.smcvt.edu/forms/admission/justone.htm

The referral must include:

☑ The full name of the student

☑ Correct home mailing address

☑ High school

☑ High school graduation year

☑ The name must be new to the system

NEWS

Photos courtesy of St. Michael's College archives

**St. Michael's College student body and Edmundite faculty in 1905. Several predominant Edmundite fathers are featured in St. Michael's inaugural class, such as the Rev. Amand Prevel (first row, 4th from left), the Rev. Louis Cheray (first row, 5th from left), the Rev. William Jeanmarie (third row, far left) and the Rev. Ernest Salmon (fourth row, center).**

# OLD SCHOOL

## *A look into St. Michael's College circa 1904*

**By Graham Jesmer**
Staff Writer

This semester has been full of celebrations, convocations and ceremonies to honor St. Michael's College's centennial year.

Today at St. Michael's there are 1,800 co-ed undergraduates with 32 majors and minors offered in the college's liberal arts program. There are eight residence halls, three suite-style buildings and four sets of townhouses. There are 21 varsity sports teams and more than 40 student clubs exist. St. Michael's also has a newly renovated dining hall and a new welcome center.

But the college experience at one Winooski Park was much different for students in 1904. Before cell phones, televisions and the Model T, their lives appear primitive by today's standards, but it was where our college began.

### Old Hall

St. Michael's opened its doors to about 51 young men in Sept. 1904. The entire college was encompassed in Old Hall (now Founders).

The first floor contained parlors, the refectory (dining hall) and the band hall, as well as reading and recreation rooms.

The second floor housed a modest chapel, the infirmary, study rooms and classrooms.

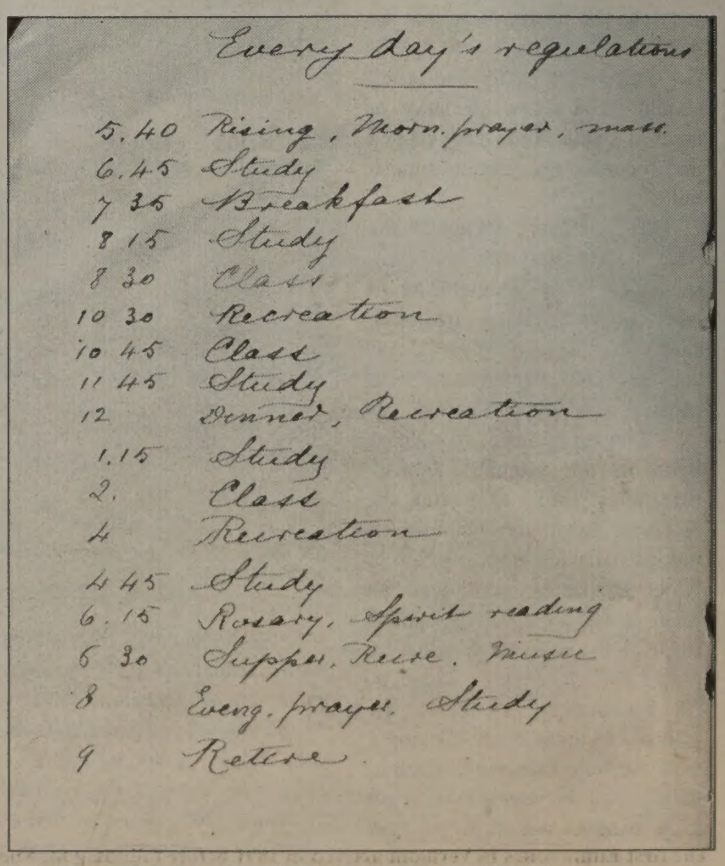
The third floor was student housing. It contained beds for all of the full-time students as well as bathrooms. There were no private rooms. Instead, all of the students lived in military style housing with beds all across one large room. The Edmundites who ran the college also lived there.

The fourth floor was the reward for the seniors. Each had his own private room on the floor. The building also contained all of the offices of the administration of the college.

The only other property around the college was farmland

**See OLD SCHOOL, Page 5**

**St. Michael's first baseball team was founded in 1905. The team played on the field outside of Old Hall and kept active in the off season by using the dirt-floor gymnasium on the first floor.**



Every day's regulations

5.40 Rising, Morn. prayer, mass.
6.45 Study
7 35 Breakfast
8 15 Study
8 30 Class
10 30 Recreation
10 45 Class
11 45 Study
12 Dinner, Recreation
1.15 Study
2. Class
4 Recreation
4 45 Study
6.15 Rosary, Spirit reading
6 30 Supper, Recre. Music
8 Evening. prayer. Study
9 Retire.

**A daily schedule for a St. Michael's student, dated 1907.**

# NEWS

Construction of St. Michael's began in May of 1904. Old Hall, which was completed that summer, cost $19,046.18 to build. The building was dedicated on Sept. 29, 1904 and blessed by Bishop John Michaud.

An aerial view of Old Hall and New Hall (now Jeanmarie), which was added to St. Michael's College in the early 1920s.

Continued from Page 4

and Fort Ethan Allen to the north.

## Recruiting

"The college grounds are situated on high ground … the site is peculiarly delightful," according to the first section of the 1905 college catalog. It contained class information and other facts about the school.

To persuade parents to send their sons to the newly established college, the catalog says "the quiet seclusion and remoteness from the dangers of the city give to St. Michael's College a note which many a solicitous parent appreciates."

To visit the school to find out more, the catalog gave directions: "The college is most easy of access by way of Essex Junction or Burlington. The electric cars which connect these towns pass the doors of the college."

## Admissions

Just like today, if a student wanted to attend St. Michael's, he had to be accepted. However, there were no SATs or ACTs, no college admission counselors, and no application to speak of. Instead, students had to pass an entrance exam, testing students on the classes they desired to study. Students also had to "furnish testimonials of good moral character," unless they knew someone connected with the school.

## Academics

Once enrolled, students had to pay $143 for tuition, room, board and other fees for the entire school year. There were two majors, classics and commercial applications.

In classics, students would study foreign languages, arithmetic and science

In commercial applications, they would learn bookkeeping, letter writing, penmanship and many other aspects important in the business world of the day.

Classes ran the full year with a break at Christmas following midterms. Students' parents were sent reports of their grades in December, April and January. Assignments were given every day and the homework was monitored by tutors. Progress was reported to the Edmundite professors by way of students' assignment books.

## Student conduct

Students were expected to follow the rules set forth by the institution, which, in spirit, were similar to today's code of conduct. Students were required to conduct themselves off campus just as they would behave in college. They were expected to respect the property of the college. "They shall have as much carefulness for the furniture at their disposal as for that of their own homes," according to the catalog.

Other rules, however, seem antiquated. "No book or pamphlet is introduced in the college without the approbation of the Reverend Father Director."

## Discipline

If rules were broken or students conducted themselves in a manner unbefitting of the college's mission, action was taken. There was no system of warnings like today. If a student made an egregious error in judgment, he was expelled.

Grounds for expulsion were vague, including "any pupil whose language and actions are against Faith and morals" and "any pupil whose conduct should be rebellious in a public or scandalous manner, or who should excite in his schoolmates sentiments of insubordination or evil-mindedness." Academic expulsions were made for "a pupil who should make no efforts for work after repeated reprimands."

## Student life

There were no clubs on campus as they exist now. The students spent their time in class, studying, sleeping, eating, relaxing in the game rooms or playing a few sports. The game rooms contained pool tables and game tables as a way for students and the Edmundites to relax. Students had their choice of playing two sports, baseball and football.

The experience the founding 51 students had at St. Michael's College was profoundly different from what they current student body knows. All of the students at the time were from Vermont and all were men. They had very little freedom in their time at St. Michael's, but they are College's roots.

The first Edmundites in Vermont arrived in 1891 before founding St. Michael's.

## A sample of St. Michael's courses

First-year

Reading and memory lines
Latin – morphology
French
Elocution and singing

Sophomore year

Religion – Catechism
Geography – Oceanica
Elocution and singing

Junior year

Geometry – physiology
Greek – syntax, authors
Elocution and singing

Senior year

Rhetoric
Physics and chemistry
Reading and memory lines
Elocution and singing

## Terms of tuition and fees for full-time and part-time students in 1904

| | |
|---|---|
| Board and tuition for the school year | $120 |
| Bed and bedding | $10 |
| Washing and mending linen | $8 |
| Incidentals (library, games, etc.) | $5 |
| Half board (tuition and dinner) | $75 |
| Incidentals | $5 |

# OPINION

## *Editorial*

# Giving thanks

Looking around this campus, students have a lot to be thankful for this November.

Take, for example, the quality of our cafeteria. Now, not all of us love the Green Mountain Dining Hall, that's for sure. But those who do choose to eat there can enjoy their food knowing that our eatery passed its health inspection with a relatively impressive score. Sodexho has also recently posted a new Web site offering nutritional information on the food it serves, giving students more knowledge about what exactly it is we are eating. Next time you find yourself sitting in the dining hall, take a minute to thank the people who work there for providing you with food that is safe, clean and healthy, because they certainly don't hear it enough. As the health inspection results show, the school cafeteria is doing a good job and deserves our respect.

We also can be thankful for new technology on our campus. Thanks to a program Information Technology has implemented, computers in the student lab's and staff departments are being replaced on a regular basis to help the school keep up with the quickly changing world of computers, where anything more than a year old is in danger of being outdated. We have several multimedia classrooms on campus that are helping to bring learning at St. Michael's into the future. In addition, registering for classes this semester went pretty smoothly, with students from each class divided into two groups to help lighten the load on the server. While I was nervous when I discovered I was in the dreaded "B group," all my classes were open and I was back in bed a mere 10 minutes after registration opened. Of course, there were isolated problems, but the complaints of broken pipes seemed particularly few this time around.

We can also be thankful for the students who are representing our college around the world. Service trips to places like Uganda and Calcutta are proof that our students are involved and caring individuals, and the leaders who inspire them and coordinate these trips have shown incredible dedication to worthy causes. Services like these are wonderful examples of the compassion found in so many students on campus.

This isn't to say that everything here is rose colored and perfect. My Internet still crashes at least once a week for no apparent reason, I still think food from the dining hall has some room for improvement, and I wouldn't go so far as to think every student on campus is willing to give up spring break in Cancun to serve others. But I do hope you can take some time between bites of turkey (or tofurkey, if that's what you prefer) and think about what you have to be thankful for on campus – students, departments, organizations or professors that have made a difference in your life.

Abigail Sweetser

Abigail Sweetser,
Executive Editor

**Photo of the week**

## Vigil for hunger awareness

Photo by Raina Jensen

**Joanne Nelson of Edmundite Campus Ministry reads a quote about homelessness at a candlelight vigil held Sunday, Nov. 14, to mark the beginning of Hunger and Homelessness Awareness Week on campus. The event was co-sponsored by MOVE and Campus Ministry. Other events for the week include a food drive, a hat and mitten drive, a Shack-a-Thon and a 30-hour hunger awareness fast.**

# After Arafat's death, peace has a chance

Yasser Arafat died Wednesday, Nov. 10, but some people would argue that he died at least two years ago. He was holed up in his Palestinian compound since 2002 and has been completely left out of the peace process between Israel and Palestine.

All he managed to do in his final years was obstruct anyone who tried to bring peace between the two countries. He was only a roadblock, which perfectly describes his lifetime legacy.

The United States, Israel and probably many Palestinians have been waiting for Arafat to die for years. He created a system of corruption and terror within Palestine and botched any and every opportunity for peace. He's been on the top of many people's "I can't wait for him to die" list, along with Fidel Castro, Kim Jong Il and Saddam Hussein.

Arafat will go down in history as a terrorist and the man who ruined two good opportunities for Israeli/Palestinian peace. He had countless opportunities for peace and he screwed up every last one. He was invited to Washington by Bill Clinton more times than any other world leader, he was offered a Palestinian state in the Gaza Strip, the West Bank and East Jerusalem, and he wasn't held accountable for the blood on his hands.

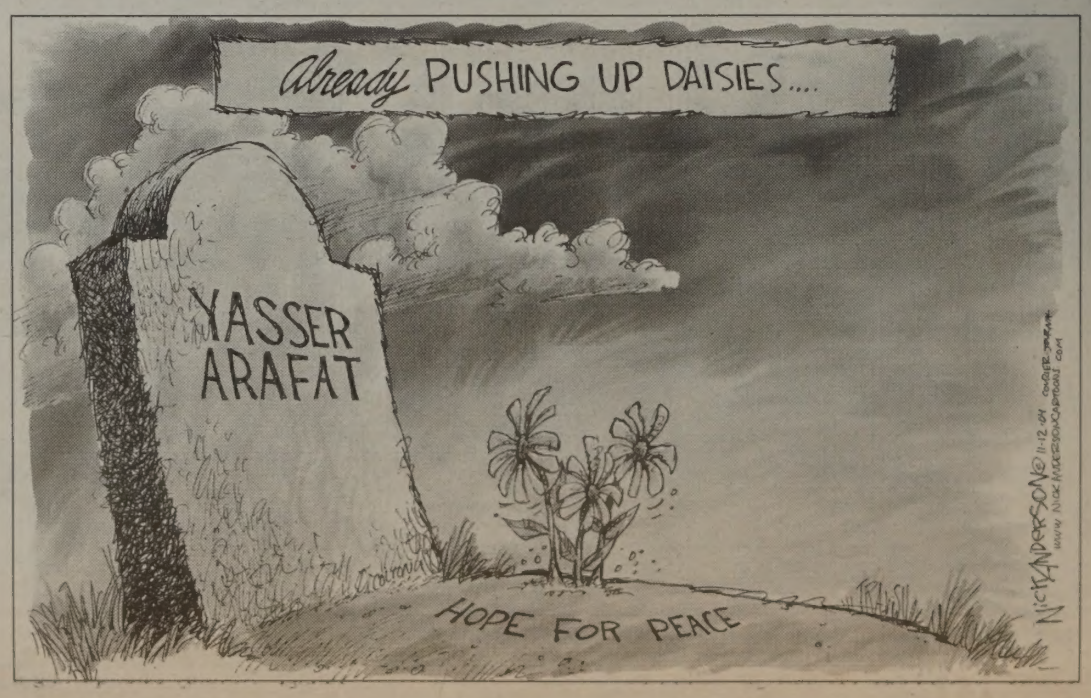
New York Times columnist Thomas Friedman called Arafat the "Teflon Guerrilla" because none of his brutal actions marred his image as a peacemaker. He was responsible for murdering 11 Israeli athletes at the 1972 Olympics, killing two dozen Israeli schoolchildren in Ma'alot, activating the intifada in 2000 – a movement where bombs were strapped to children and sent to Israeli buses and pizzerias – and perpetuated the idea that Israel should be destroyed. All that, and he managed to win a Nobel Peace Prize in 1994.

Arafat wasn't completely bad, however. One of his great accomplishments was that he united several polarized factions of the Palestine Liberation Organization. He united Palestinian Christians, Muslims, pro-Jordanians, nationalists, radicals and moderates. In the '60s, Arafat also brought the Palestinian struggle into the world spotlight and created an infrastructure to keep them there.

After Arafat, a new and uncertain chapter has been opened in the Middle East. Since he held onto power until the bitter end and never groomed a successor, many Palestinian factions will wrestle for power. Finding a rallying figure like Arafat will be difficult, if not impossible.

But with Arafat gone, the Palestinians can finally elected a level-headed leader who won't squander every chance for peace.

*Iowa State Daily*
*Iowa State University*
*Via U-Wire*




## Contact The Defender
## SMC BOX 275
## defender@smcvt.edu

**The Defender Mission Statement**

As the editorial staff of The Defender, the student-run newspaper of St. Michael's College, we strive to accurately, professionally and ethically report the news affecting the lives of students in the community.

The decisions we make with regard to content and style are our own, and are influenced only by our goal of both informing and entertaining our readers.

We believe in the freedom of expression. We encourage our readers to express their views at any time.

The Defender publishes letters to the editor in response to articles that we have printed in the paper and issues on campus. The Defender does not publish anonymous letters. Letters will be edited only for grammar, spelling and good taste.

POLITICS

# Smoking banned in Winooski bars

By Anna Fitzgibbons
Politics Editor

Winooski voters passed an ordinance banning smoking in public establishments by a vote of 1,646 to 872 on Election Day.

"The townspeople have spoken and we've got to listen to what they want," said Lance McKee, owner of McKee's Pub on East Allen Street.

The smoking ban took effect in Winooski the day after the election – Wednesday, Nov. 3.

"We put it into effect Thursday," McKee said. "We gave our people one more day to smoke."

The smoking ban was originally passed by the Winooski City Council in July, but was appealed by the town's bar owners and sent to a vote on the town's ballot.

The Monkey House manager Will Battersby said he is glad the ban went to a vote instead of being passed by the City Council.

"They're not necessarily representative of the town," he said.

McKee has accepted the ban, but said he thinks it should be a statewide law.

"People who want to smoke are going to go further to drink," he said. "You'll see DWIs increase. That's why town-by-town is wrong. Now they're being pushed to the outer limits of Chittenden County."

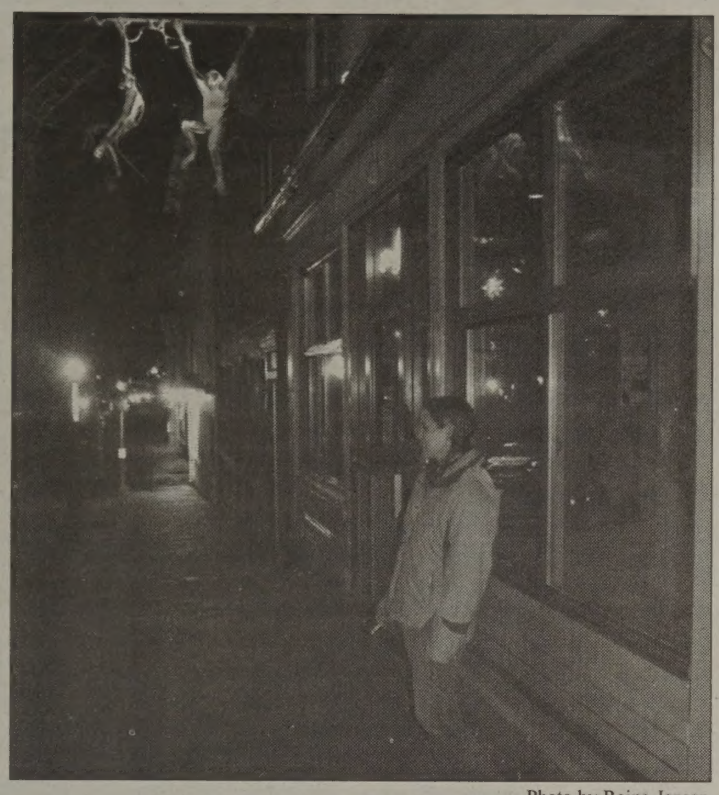


Photo by Raina Jensen
**Sara Minetti of Colchester smokes outside of The Monkey House.**

McKee said he has already lost regular customers to bars in other towns such as Essex and Colchester, where smoking is still permitted.

"I had a regular here for 16 years every day and he's not here anymore," he said. "Some regulars were gone as soon as it went into effect. Maybe it's their little revolt."

Despite the former regulars who have not returned, McKee said he is personally happy about the ban as a nonsmoker and is not worried about the future of his business.

"Hopefully, nonsmokers will come in who used to complain before," he said.

McKee is adding a new kitchen in hopes of boosting food sales and is also having the pub re-carpeted and painted.

"We're going to make it nice and fresh in here," McKee said. "It's going to effect liquor sales, but hopefully food sales will go up."

Battersby also said that for the smoking ban to be fair, it should be passed statewide.

"Before, I said I didn't think it would affect us that much," he said, "but our late-night business seems to have chilled out a bit."

Battersby added that it is hard to tell what the main cause of the decline is, between the smoking ban, the construction in Winooski and the closing of Higher Ground. "At the moment, it's just a case of keep trucking along," he said.

Battersby said the smoking ban shouldn't effect The Monkey House too much. "Most of our customers like The Monkey House and the vibe that's going on here," he said. "People just come and hang out and chill and chat. It's not come and drink a Bud and smoke 20 cigarettes."

Battersby said he used to work in Los Angeles, where smoking was banned in bars and restaurants in 1998. Customers there complained for two weeks and then business went back up, Battersby said. "All you have to do is step outside and have a cigarette. It definitely makes for a more pleasant atmosphere," he said.

The Monkey House maintains its business by catering to a younger crowd and putting effort into attracting customers, Battersby said. The bar has a promotion company that schedules bands on the weekends and DJs three nights a week.

The Monkey House also offers free wireless Internet. "People come in and have a couple of pints and do some work," Battersby said.

The Monkey House employees were not happy about the smoking ban because they all smoke, Battersby said. However, he added that they think the ban makes sense for health reasons. "There's no argument against whether it's healthy or not," he said.

McKee said his employees were pleased with the passing of the ban. "They take it in stride. I only had two bartenders that smoke and they couldn't smoke on the job anyway," he said.

Senior Cindy Richardson goes to McKee's often on Thursday nights for the "Molson Mayhem" promotion. "There's cheap drinks, free stuff and free pool," Richardson said.

She said she used to like being able to smoke at McKee's, but has gotten used to smoke-free bars since Burlington passed its smoking ban.

"It's actually helping me to quit or cut back," Richardson said. "I don't want to make an effort to go outside and I don't want to leave my friends."

# Bush pledges to gain Democrats' trust

By Thato Ratsebe
Staff Writer

In his acceptance speech Nov. 3, President Bush reached out to Democrats.

"Today I want to speak to every person who voted for my opponent: To make this nation stronger and better, I will need your support, and I will work to earn it. I will do all I can to deserve your trust," said President George W. Bush in his acceptance speech on Nov. 3.

Now Democrats question how Bush will go about gaining their trust, and as Inauguration Day approaches, the country watches to see how the politicians will work together after the heated election.

Jake Dubuque, chairman of the College Republicans, had a late night on Election Day. He said he was excited after President Bush's re-election victory.

Now that the election is over, Democrats and Republicans should take the chance together to get things done, Dubuque said. He fears Republicans might be tempted to forget about Democrats, since Republicans increased their majorities in the House and Senate.

"I feel that from the outcome of these elections, President Bush will have a chance to continue the foreign policy he's established after Sept. 11," Dubuque said.

He also said Bush's goal to bring democracy to Afghanistan and Iraq is on the way.

Stefanie Iennaco, chairwoman of the College Democrats, said the term "mandate" is not accurate for Bush's win.

"This is a contradictory statement because his conservative agenda is not the Democrats' agenda," Iennaco said.

President Bush wants to earn Americans' trust and hopes Democrats will not continue to personally attack him, Dubuque said.

"After all, he's won the elections for the second term and that must say something," he said.

Dubuque said some professors lobby for students to vote for Democrats.

"It's important for professors to pay attention to the fact that Americans voted for Bush," he said. "Next semester we are hoping to address liberal bias on this campus and we'd like to advocate for conservative political science professors."

William Grover, a political science professor, said, "The idea that political science professors spend their time trying to convince students to vote for Democrats as opposed to Republicans is an unvarnished silliness."

Republicans won the election because they used wedge issues to divide the nation based on abortion and gay rights, Grover said.

"Republicans pursued an extremely conservative agenda in the social and moral issues, and Democrats will have a hard time stopping Bush," he said.

A focus group on the presidential candidates in Wisconsin indicated that Bush appealed to "regular guys," Grover said. "Could you imagine President Bush pumping his own gas at the gas station?" the survey asked. "Yes" was the most common answer. The same question was asked about Kerry and most answered "no." "Kerry didn't connect well with people," Grover said.

Political science department Chairwoman Kristin Novotny doubted Bush's willingness to work with Democrats.

"The past four years gives us little reason to believe that the president knows how to reach across the aisle," she said. "Although he campaigned in 2000 as a 'uniter, not a divider,' his first term was extraordinarily divisive and his opponent in 2004, Kerry, received 48 percent of the popular vote on the strength of that opposition."

"A week after 9/11, Bush enjoyed a 90 percent approval rating," Novotny said, quoting a Gallup/CNN poll.

"Immediately before the election, that number had fallen by 40 percent," Novotny said.

Despite these facts, "the president has touted the strength of his mandate," Novotny said.

At a news conference on the day after the election, Bush said that he earned capital in the campaign and now intends to spend it, Novotny said.

"This is at odds with his stated desire to work with Democrats to heal the nation's wounds after a tough election," she said.

Novotny said Bush was re-elected "on the strength of the social conservatives – 4 million of whom did not vote in 2000, and whose votes were courted heavily this year."

Iennaco said she was disappointed with eligible Americans who did not vote. She was also disappointed by the election results because her club put a lot of effort into working for the Kerry campaign.

Iennaco said she thinks Democrats should pull back and work harder next time. "The first step we need to take is to turn off our anger and use the energy productively to prepare for the next elections."

To achieve cooperation, Iennaco hopes Democrats will work with Republicans because, although it was a challenge for the two clubs, working together unified them during the campaign period.

Dubuque said the College Republicans worked with Democrats on campus for a good cause.

"We worked really well together and that united us as college students from different parties."

The College Democrats are now going to start with their community at the grass roots level, Iennaco said.

The College Republicans and College Democrats are contemplating working on a joint community service project, Dubuque said.

However, Dubuque was disheartened by posters put up after the election.

"I feel that those posters with Bush's face and the words 'picture of evil' were preemptive protest," Dubuque said.

Democrats need to take an initiative or their voices will never be heard, Iennaco said.

"John Edwards needs to use four years to get experience and gain people's trust in order to run again successfully," Iennaco said.

The College Democrats will volunteer for the Vermont Democratic Party, partly to work with the organization as well as to work with people who are not interested in voting.

# Campus Speaks

*What are you thankful for in the spirit of Thanksgiving?*

"That I am going home in a week to spend time with my family."

*Kurt Palermo, '07*

"I am thankful for life, my family and my work environment. "

*Marc vanderHeyden, SMC president*

"My family and my dog Trigger."

*Maura Baritot, '08*

"Turkey,stuffing and ham."

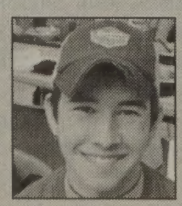
*Krystal Wrinn, '06*

"I am exceptionally happy to be living in Vermont."

*Mark Nigrini, professor of accounting*

"I am thankful for family and friends, my intelligence and my passion to do things. "

*Erin Tanzer, '05*



"I am thankful for my family and friends because they are important to me."

*Jameson Aubut, '07*

"My mom's famous chocolate chip cookies."

*Ashley Leavy, '07*

# Three strikes you're out

## *Security tows cars after fourth parking violation*

**By Mike Kelley**
Features Editor

Imagine going to where you last parked your car only to find your car not there. This is exactly what happened to junior Chris Galbraith. He went to get his car to go to his doctor's appointment for his ankle when he realized it had been towed.

"I thought it was stolen. I had to walk on my bad ankle to my doctor's appointment," Galbraith said.

He said he had to find a ride to the towing company which is very problematic, especially for first-year students.

Pete Soons, director of safety and security at St. Michael's College said "Our policy is vehicles that have accumulated more than three violations are subject to towing upon subsequent offenses."

Soons said St. Michael's started the three ticket policy two years ago based on recommendations from the college parking task force.

Armand Rathe, the owner of Rathe's Salvage, a 24-hour towing service center in Colchester, estimates his company tows one to three cars per week from St. Michael's campus. He hasn't noticed a huge difference in the amount of cars his company tows since the college implemented the new parking zone system this year.

Soons has seen a difference in the amount of tickets security has issued this semester. Soons said that 1,168 tickets have been issued. This is a 40 percent reduction from the 1,968 tickets that were written by this time last year.

The charge for towing your car is $60, which goes to the towing company. The towing company also charges an additional $10 for every day your car remains in the tow lot.

Galbraith said it was rude for security to not tell him his car had been towed.

"It sucks. It is inconsiderate. It would be nice if they told you when you have a ticket and are going to get towed," Galbraith said.

The office of safety and security disagrees with Galbraith.

"I don't believe we have a responsibility to contact someone to advise them their car had been removed," Soons said.

He also said that the policies are clearly outlined on the tickets that security puts on your car the first three times you violate parking codes.

Soons said that if a car remains at Rathe's Salvage for a few days, an employees will contact Soons and the office of safety and security will make an attempt to notify the owner of the car that their car has been towed and is sitting in the lot.

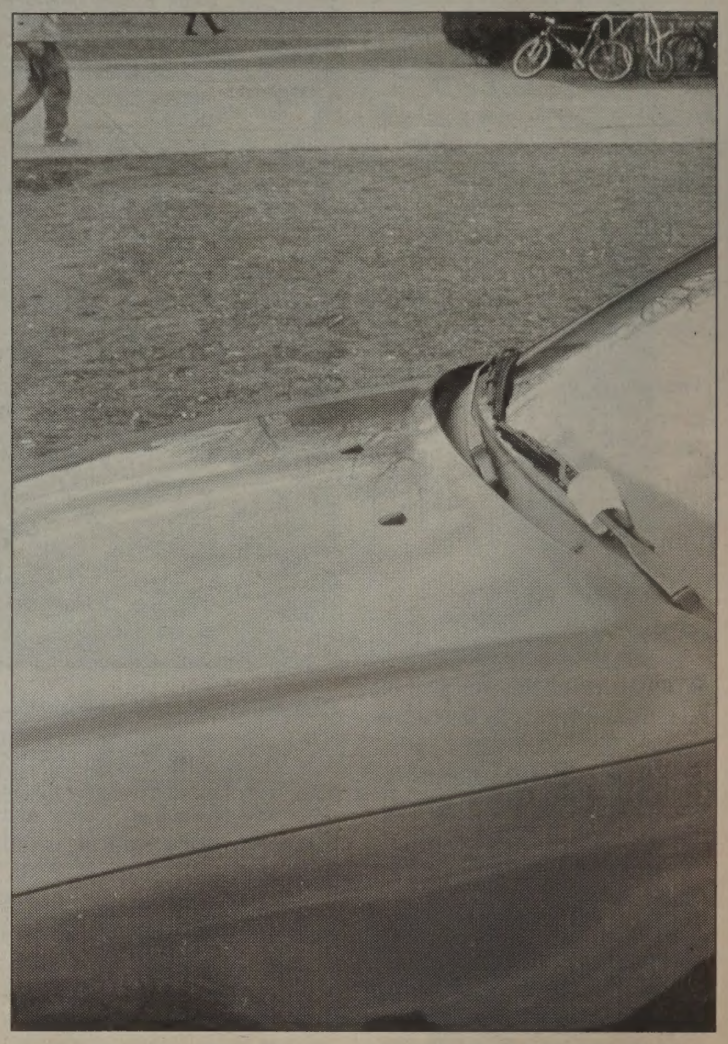


Photo by Jim Whitman
**A car in the Alliot rotunda receives a parking ticket on Nov. 12.**

According to Rathe the majority of car owners use their cars every day and notice that their car has been towed right away. Rathe said 95 percent of the cars Rathe's Salvage tows belong to students. Many of these students are first-year students who are trying to illegally park and beat the system.

"(St. Michael's) isn't really overly aggressive in towing. They are trying to be amicable but still enforce rules," said Rathe.

VOTED "BEST WINGS" Burlington Free Press 9 Years In A Row

NEW ENGLAND WINGS 655-FOOD

OPEN 11am-Midnight Everyday

*Open till Midnight Everyday!*

**655-FOOD (3663)**

135 EAST ALLEN STREET, WINOOSKI

**DELIVERY AVAILABLE**

**Burlington • Winooski • South Burlington**

**($10.00 Min. Order)**

WINGS • SUBS • SALADS
DINNERS • BEN&JERRY'S ICE CREAM

• VERMONSTER SPECIAL •
*2 dozen wings, Choice of large curly fries, seasoned potato wedges or steakfries & two sodas*

• NEW ENGLANDER •
*4 mozzarella sticks, 2 chicken tenders and 6 onion rings, served on a bed of fries with your choice of Honey BBQ or Marinara.*

**MENTION THIS AD FOR A FREE SODA WITH YOUR ORDER**

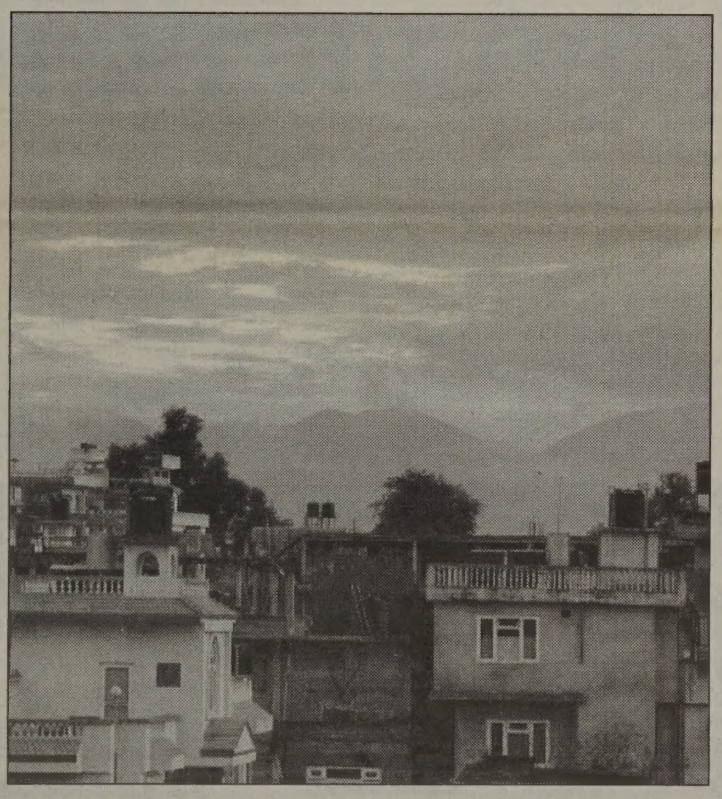
## FEATURES

Photos courtesy of Matt Sylvester

**People fill the streets in downtown Kathmandu in Nepal during a sunny day in the capital.**

# Checking in from Nepal

**By Matt Sylvester**
Contributing Writer



**A view of the mountains in the background in Kathmandu.**

We returned recently from Khumbu and it's back to life in Kathmandu, the capital of Nepal, which at this point has begun to feel like going home, or as close to home as I can get here.

I already know my way around the city and can communicate in Nepali with anything that I need done, so it was kind of fun to be back into the swing of things.

The five days we spent in Khumbu were like fall break, all the teachers flew back early and we did a little trekking before making our way back to the airport in Lukla.

We weren't planning on flying back until later, but when we got there we found out that there were open seats on a plane, so we took it and headed home. This was very lucky considering the plane fits only 14 people and it was the last flight of the day. After around 1 or 2 p.m., the weather is not agreeable to flying the route.

The airport is wild. It's a tiny airport that looks to be a military base because it is carved out of the side of a mountain and staffed by the Royal Nepali Army.

The runway can't be more than 150 yards long and is located at the end of a cliff. The runway slopes downhill so the planes can pick up enough speed to lift off and clear the mountains surrounding the airport.

I could see out of the front window of the plane between the pilots and I felt like we were being launched from an aircraft carrier. I thought it was great but some people were a little freaked.

It's good to be back, especially because Dasain is going on right now. Dasain is a 15 day Hindu holiday/festival

All government offices appear to be closed during the festival, at least mail is shut down. Kathmandu is pretty empty right now because so many people decide to go back to their homes in the villages and towns all around Nepal where they were born or their families are from to spend the holiday with their families

The time is spent playing cards, drinking locally made beers (chhang) and liquors (rokshi) and eating big family feasts.

A lot of animals lose their heads during this festival because of ritual sacrifices. People talk about certain streets running red with blood because of all the goats and bulls that get their heads cut of with traditional Kukuri swords. I'm used to seeing dead animals and their body parts of all shapes and sizes being sold on the streets by local butchers. There's no real cold storage here so the meat gets sold on red-stained wooden counters.

Sidera ma jaane kinabhane malaai bhok laagyo ra aaja dherai ramillo chha. (Finished and I'm going because I'm hungry and it's a beautiful day.)

**WANTED**
**ADVERTISING MANAGER**

The Defender is looking for a self-motivated student to become its advertising manager in the spring. Duties include:

- Soliciting advertisers
- Billing and light bookkeeping

Pay is 15 percent commission on everything you sell, plus 15 percent on national accounts that require no sales.

**MAKE MONEY AND BUILD YOUR RESUME**

Send a brief letter of interest with relevant experience (business/accounting classes) to:

Paul Beique, Defender adviser, pbeique@smcvt.edu

# HOROSCOPES

**By Rebecca Brynga**

**SCORPIO: (Oct. 23-Nov. 21)**
Don't jump into a sticky situation until you have thought about the consequences.

**SAGITTARIUS: (Nov. 22-Dec. 21)**
A long-distance friend is thinking about you. Maybe it's time you gave that person a call and catch up on what's new.

**CAPRICORN: (Dec. 22-Jan. 19)**
If you can't make a decision, look at it from a different angle. Only then can you make an informed decision.

**AQUARIUS: (Jan. 20-Feb. 18)**
Express your opinions but don't put people down just because you don't agree with them. You might just learn something from this.

**PISCES: (Feb. 19-March 20)**
Maybe you don't need a total overhaul, all you need is a minor tune-up. Look in the mirror and make that change. Good things will come from it.

**ARIES: (March 21-April 19)**
Your emotions are running too hot these days. Take a deep breath and just let things happen. You don't have control over everything.

**TAURUS: (April 20-May 20)**
You don't have to break out the old photo albums, memories will live on. Keep some parts of yourself a mystery. It is more fun that way.

**GEMINI: (May 21-June 20)**
You don't have all the answers now, but that's OK. You will figure it out as you go along.

**CANCER: (June 21-July 22)**
Why are you worrying about what is going to happen. There's no reason to assume the worst.

**LEO: (July 23-Aug. 22)**
Courage doesn't come naturally, it takes practice. Take a risk and meet new people, go skydiving, and just have fun.

**VIRGO: (Aug. 23-Sept. 22)**
You are letting things slip through the cracks. Make a schedule and stick to it. You can't get a college degree by slacking.

**LIBRA: (Sept. 23-Oct. 22)**
Things aren't as valuable as experiences, no matter how much they cost.

FEATURES

# Dismas House looks for college volunteers

By Elizabeth Hannon
Staff Writer

Photo by Raina Jensen

**The Dismas House in Burlington provides housing for ex-criminals.**

Ann Giombetti, director of Mobilization of Volunteer Efforts (MOVE), and the Rev Marcel Rainville have been combining their efforts to make St. Michael's College students aware of the volunteer opportunities associated with the Vermont Dismas House in Burlington.

Dismas House is a non-profit organization that helps people transition from prison life back into society by offering them a place to live. The house has had connections with St. Michael's since the early 1990s, when a number of people closely connected to the Edmundites formed the volunteer group, Partners in Ministry.

Once or twice a month members of the group prepare dinner for the house.

"I prepare a meal and bring it over," Rainville said. "We all sit down and one person is chosen to start off saying what they are grateful for, then anybody else can contribute. Next we share the meal, have very spirited conversation, and at the end thanks and applause is given for the meal. A few people wash the dishes and everybody gets back to whatever it is they need to do."

This has been the routine for the past five years, however recently it has become more of a struggle.

"Many members (of Partners in Ministry) have moved on. Some have actually moved away, some have become too busy and a few have died." Rainville said. "Our numbers have gone down. We used to be about 20 and now we are about a half a dozen, and that is why we are looking towards the students."

The first Dismas House was founded in 1974 in Nashville, Tenn, by a group of Vanderbilt University students.

"We are keeping with tradition by having college students volunteer," said Richard Gagne, co-director of the Vermont Dismas House.

There has been no student involvement yet, but the logistics are still being worked out. The vision Rainville has is MOVE would funnel students to him, but it would not become a MOVE program necessarily.

"If that were to come about that would be fine," Rainville said, "but I'd rather try and keep it under the umbrella of Partners in Ministry."

Giombetti said, "We will put a sign-up sheet outside the office and see if there is any interest." She was hopeful and related it to similar programs MOVE offers.

"It would be adding another dimension," she said. "We already offer correctional volleyball and babysitting for people who want to visit family in jail."

The idea is for MOVE to advertise for Partners in Ministry. However, if there is a large enough interest it could become a MOVE–sponsored program.

"I don't see anything like that starting until next year," Giombetti said, "but if it were to happen sooner we have the funds. It would be structured so that two students would lead it, along with Father Marcel's help. They would recruit other students, go through training, set up transportation, and everything." But for now Rainville and Giombetti are concerning themselves with finding interested students.

"The experience of working with residents of the Dismas House is very enriching," Rainville said. "It is about serving people that have had the misfortune of committing a crime, and making them feel part of a community again."

According to Gagne, if a student should happen to take an added interest in the program there is also the opportunity for them to spend a semester or year living at the house.

"The idea is to provide people with a place to live and give them support through a family-like community. This adds to that sense of family," Gagne said.

On average, about 10 people live at the house at one time. They have to make a commitment to stay at least three months, and the average length stay is about seven months. The cost is $75 a week, which includes everything from a room and meals to cable TV and a place to do laundry.

Gagne, who has been at the house since it was in the planning stages in 1986, said there are no up-to-date statistics, but said that "about two-thirds will really get something out of the program. We are trying to break the pattern of people going back to jail. If we are successful, then they become a contributing member of society, do not commit any more crimes, and there are no victims. Everybody benefits."

Dismas House and St. Michael's have both begun to work on their new programs. This summer Dismas opened an apartment complex in Winooski,. another step for people transitioning between the house in Burlington and living on their own.

"There is some structure," Gagne said, "but they are more independent."

## Get involved

**WHAT:** Phone-a-thon for Dismas House
**WHEN:** Nov 17,18,19 at 5 p.m.
**WHERE:** Hall of Fame Room, Ross Sports Center


Around the World Calendar

On Sale Now!

All proceeds from this calendar will help further opportunities for students at Saint Michael's College who study abroad.

2nd Annual

GLOBAL EYES CALENDAR

A 16-month calendar
September 2004-December 2005

$8.00 including tax

This is an exquisite, colorful calendar of study abroad student photographs selected from 125 images submitted to

*The 5th Annual*
*Global Eyes Study Abroad*
*Photography Competition*

Perfect for home, office, and gifts.

On sale now: SMC Bookstore on Campus
SMC Bookstore Website

*SMC Department Discount:
Contact the Office
of Study Abroad Directly
kcullins@smcvt.edu

Saint Michael's College
Office of Study Abroad &
Department of Journalism
& Mass Communication

Photos by Jim Whitman

**Senior Meghan Symington and her partner dance center stage at the Senior Prom in the International Commons on Nov. 13.**

# Senior Prom fun for all ages

**By Mike Kelley**
Features Editor

If you walked past the International Commons last Saturday evening you were sure to see young mixing with old. That's because from 4 to 7 p.m. the commons was host to the 15th annual senior citizens prom.

The event, which has happened at St. Michael's College every fall since 1990, invites local senior citizens to campus to dance with the college's students.

A group of dedicated students spent most of their Saturday decorating for the event. As you walked in the room, it was hard not to notice the bright icicle lights hanging from the ceiling. Red, purple, yellow and bronze balloons were tied to the chairs through out the room. Photographs from previous senior proms were hung on the walls.

Sandwich meats, rolls, chips, dip and veggies filled the table in the back of the room, with a sheet cake celebrating this year's event showcased on the next table over.

As oldies were played over the sound system, students and senior citizens filled the dance floor. From square dancing to the macarana to the jitterbug, all sorts of dance moves were shown off over the course of the evening.

This was the first senior prom for Loretta Hinchman, who is originally from New Jersey but now lives in Burlington.

"I knew there was going to be music and dancing. I did a lot of that at home before I moved here and I miss it," Hinchman said.

Ryan Woods was one of three coordinators of the event along with Meghan Symington and Megan Murphy. Woods said although the MOVE office sponsors senior citizens bingo every Thursday evening, this is the one big event for senior citizens in the greater Burlington area.

**Junior Eric Alaimo and his dancing partner take to the dance floor as others look on.**

"It shows a partnership between the senior citizens and the school," Woods said.

According to Woods, there is a different theme every year. This year's theme was Sunset Serenade. The event gets a $1,500 budget from the MOVE office which is used for decorations, food and a disc jockey.

Woods said he enjoys hearing stories from the senior citizens, even if you hear them 15 times.

Ed and Ione Keenan of Essex Junction have been to almost every senior citizen prom since St. Michael's College started the event. Ed does confess he missed one senior prom years ago to go deer hunting. The Keenans have been married for 60 years and have been getting invitations to the event every year.

Because of their dedication and participation in the event over the years, the Keenans were voted the king and queen of the prom. They slow danced in the center of the room as "Moonlight in Vermont" played.

With all the smiles and laughter of the senior citizens and students, it is hard to tell which group is having more fun.

"I think it is such a great service. We sure enjoy it," Ione Keenan said.

**Sophomore Shana Lothrop and a senior citizen dance the night away.**

ARTS & ENTERTAINMENT

# Local photographer documents music scene

By Mary Lake
Staff Writer

Photos by Matthew Thorsen
**Matthew Thorsen's photography is on display at the Metropolitan Gallery in Burlington's City Hall.**

It all started as favors for his friends. Matthew Thorsen began taking pictures of bands in the Burlington area in the early '90s. Most of the members were his acquaintances or housemates. Yet, it wasn't until this month that the black and white portraits, used initially for press packets and head shots, received attention as documentation of a significant segment of Vermont musical history.

Thorsen's more than 30 black-framed images hang by skinny metal chains on the walls of the Metropolitan Gallery at Burlington City Hall for the month of November.

Jessica Dyer, the director of exhibitions and curatorial services for Burlington City Arts, said she welcomed Thorsen's photographs because many people have not seen them yet.

"Matthew's work spans such an important period in the Burlington music scene," Dyer said.

A longtime friend of Thorsen, Jim Lockridge, is the founder of Big Heavy World, a non-profit organization working to bring Vermont music to a wider audience through promoting concerts, creating projects for musicians, and finding funds to make CDs. A year ago, Lockridge requested the the exhibit be held.

Lockridge and Thorsen met when they moved into a house together on South Union Street nearly 15 years ago with the band Chin Ho!

Chino Ho! has been playing in the area for about a decade and has been featured on the TBS hit show "Dawson's Creek" and the ABC series "Making the Band."

Lockridge said Thorsen was introduced to new friends and bands as a photographer and later worked with Lockridge at Big Heavy World taking photos for the magazine Good Citizen. "There was a time period when he was really well-known among musicians," Lockridge said.

When Thorsen's band prints started coming, Lockridge was quick to buy or barter for a copy, hanging them, along with pink Christmas lights, ticket stubs and colorful concert posters, on the walls of the Big Heavy World offices.

"They assumed they had to call me," Thorsen said of the local musicians. "I wouldn't have sought them out."

Thorsen admitted the band pictures were not something he normally would have produced. Making the pictures, however, led him to a job at Seven Days newspaper. Thorsen has worked at the weekly Burlington publication since it started nine years ago, sometimes as their only photographer.

After taking pictures of bands, Thorsen has now been capturing images of his family, close friends and himself, plastering the walls of his Church Street apartment with large, glossy color prints. His work can also be found at Full Tank and Red Square, both located on Church Street in Burlington.

At the gallery, which Thorsen refers to as The Met, is a showing of what he describes as some of his worst work.

"Oh, I hate that one," he said as he passed a picture of the band Strangefolk. "Most of these are just pictures of my friends standing around."

While strolling slowly by the photographs he remarks on the experience of taking each image and provides a brief update on the artists.

Tammy Fletcher, Craig Mitchell, Construction Joe, Phish, Nectar and Big Joe Burrell have been just a few of his subjects.

"The show makes me very nostalgic," Lockridge said. "It makes me fondly remember the people in the pictures. "There aren't a lot of people that documented local music like Matt did."

Dyer agrees that Thorsen's photographs are unique. "Some are just amazingly artistic images," said Dyer, who hopes Thorsen will gain publicity from the show so his work can travel to other galleries.

At an opening gala for the show Friday, Nov. 12, the public was encouraged to look at the pictures and listen to live music.

While perusing the hall, Mark Harlan, a Vermont resident and freelance photographer of live rock music, said, "It's very Matthew," referring to the offbeat way Thorsen captures his subjects.

Burlington resident Brent Harrewyn was also at the opening gala. "It seems like he grabs the personality of each band accurately," Harrewyn said. Harrewyn said he recognized faces of the musicians in the photographs just from being around the area, not from knowing they were in a band.

Pamela Polston, the publisher of Seven Days, said even if the viewers do not know the band, they can understand that the subjects brought music to Vermont. "That has historical significance," she said. "In 40 or 50 years these will be so quaint."

"He's changed the face of music in this town easily," Polston said.

**A Matthew Thorsen photograph titled "James Kochalka Superstar."**

**Matthew Thorsen's self-portrait walking away from New York City.**

NEW BULBS!
FREE TAN!
Up to 30 Min Sessions
SPLIT WITH A FRIEND • THE ONLY SALON THAT IS ALWAYS OPEN!
865-3068
All American Fitness & Tanning Center
865-3068
1881 Williston Rd.
One block East of Kennedy Dr.
South Burlington
Buy 1 Tan, Get 1 Free!
AMEX, MC, VISA
GREAT HOURS!
M-F 6 AM-9:00 PM
Sat/Sun 8 AM-6 PM
FREE TOWELS & SHOWERS • 4 X-LARGE WOLFF TANNING BEDS •

ARTS & ENTERTAINMENT

# 'One Hundred Years We Celebrate'

## *Student writes a new school song for St. Michael's centennial celebration*

**By Caroline Wizeman**
Staff Writer

When senior Allison Lazarz sang with the St. Michael's College Chorale on Oct. 1, a feeling of satisfaction came over her as the audience began applauding. This was the first night that Lazarz and the chorale had performed the song she wrote for the centennial celebration in front of an audience.

Lazarz's song, "One Hundred Years We Celebrate," was the winner of a song competition the St. Michael's department of fine arts held last spring.

In honor of the centennial, people in the department thought that a song exemplifying why the college was worth celebrating was needed.

"Allison's song was exactly what we were looking for to serve as the centennial song," said Nat Lew, a professor in the deptartment of fine arts at St. Michael's.

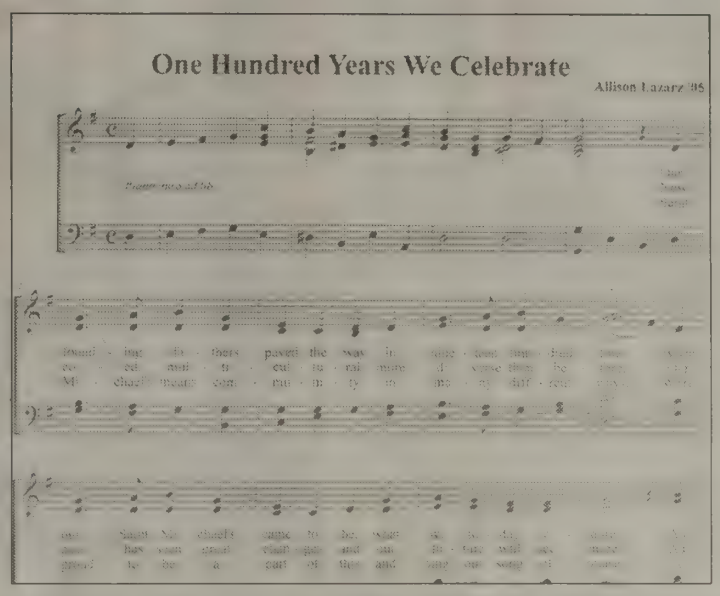
Lew developed the song competition hoping to spark interest. In order for a song to be considered for the competition, it had to meet certain guidelines. Every submission had to have original lyrics and an original melody, and must mention St. Michael's by name and be commemorative in nature.

While Lew saw numerous rough drafts and sketches of songs, none of them came together quite like Lazarz's.

"Allison went home for the summer and mailed in a completed submission: words, music, harmony, the whole thing," Lew said.

"I have always been interested in music," Lazarz said. "I took piano lessons for six or seven years and have been involved in either band or chorus from third grade until now."

Lazarz was interested in the competition because she saw it as a challenge.




**A segment of Allison Lazarz's song "One Hundred Years We Celebrate."**

"I have actually never written a song," she said. Although Lazarz has been involved in music for years, she admits she cannot read music very well.

"I had help and support from a lot of people," Lazraz said. "My old piano teacher and some of my friends helped me when I had a problem. I also worked with Nat to help put it in music form."

Because she had support and help from so many, winning the competition was especially exciting for Lazarz.

"I was so happy because I had so many people rooting for me. I think that I was most excited to share the news with everyone."

Lazarz's song has been sung at two events this year, the faculty convocation on Oct. 1 and the centennial convocation on Oct. 22.

"When we sang the song at the faculty convocation, it caught the attention of the administration," Lew said. "They suggested that we also sing it at the centennial convocation, so we did and much of the faculty and staff commented on how much they enjoyed it."

"One Hundred Years We Celebrate" will be sung at all of the chorale concerts in the spring. It will also be sung when the chorale members go on tour in May.

# Incubus rings Bell Center

**By Jon Stewart**
Staff Writer

In a music world dominated by pre-packaged pop and mud-slinging concert riots, a good rock show is becoming progressively harder to come by. However, there is one band that goes against the grain – Incubus.

The five-piece rock-alternative group has been making records for nearly a decade, each with a different live sound, ranging from funk to alternative to jam rock.

Incubus has learned how to put on a high-energy rock concert by playing to arenas in particular on this year's almost nonstop world tour.

While playing all across the globe, Incubus has released several live CDs as well as a live DVD set to be in stores later in November.

On Halloween, Incubus took the stage in Montreal's Bell Center, playing to a packed house in festive costumes. Led by front man Brandon Boyd, the band played a diverse set list, covering songs from nearly all of its studio albums, including a few cover songs and new unreleased tracks.

Opening with "Pistola," a track off the 2004 "A Crow Left of the Murder," Incubus seamlessly transitioned into more radio-friendly tracks, including "Stellar," "Wish You Were Here," and "Nice to Know You."

However, lesser-known hard-rock tunes such as "Idiot Box" and a 10-minute drum solo

Photo from Sony

**Incubus played Montreal's Bell Center on Halloween.**

Music Review

jam to "Vitamin" were thrown into the mix along with several songs off the new album.

Toward the end of the set, Incubus played a cover of Prince's 1984 hit "When Doves Cry," and closed the set with the recent single "Megalomaniac." The band encored with the cult favorite "Under My Umbrella," as well as a new track titled "Pantomime."

Nearing the end of an almost yearlong tour, Incubus still managed to put on a classic example of a nonstop, high-intensity show, proving the band's staying power and live quality.

With the raw energy of Brandon Boyd's voice and stage presence, along with the pure musicianship of guitarist Michael Einziger, drummer Jose Pasillas, bassist Ben Kenney and DJ Chris Kilmore, Incubus continued to put on another ecstatic and polished concert near the end of such a grueling tour.

Incubus's sound and live show has evolved over the band's history. From its early club venues to the current arena shows, the band's sound has kept pace, ranging from the early hard-rock funk to the current live jam band quality.

## WWPV Top 30

**1) JIMMY EAT WORLD**
Futures

**2) DONNAS**
Gold Medal

**3) SUM 41** Chuck

**4) STRAYLIGHT RUN**
Straylight Run

**5) GREEN DAY**
American Idiot

**6) MOS DEF**
The New Danger

**7) R.E.M.**
Around The Sun

**8) CAKE**
Pressure Chief

**9) FLOGGING MOLLY**
Within a Mile of Home

**10) DURAN DURAN**
Astronaut

**11) WILLIAM SHATNER**
Has Been

**12) BIG D AND THE KIDS TABLE** How it Goes

**13) TAKE ACTION! VOL. 4**
Various Artists

**14) ZUTONS**
Who Killed... The Zutons

**15) THE USED**
In Love and Death

**16) BLOOD BROTHERS** Crimes

**17) ELLIOTT SMITH**
From a Basement on the Hill

**18) ME FIRST AND THE GIMME GIMMES**
Ruin Jonny's Bar Mitzvah

**19) TWISTED SISTER**
Still Hungry

**20) LOCAL H**
Whatever Happened to PJ Soles?

**21) NICK CAVE AND THE BAD SEEDS**
Abattoir Blues/The Lyre of Orpheus

**22) A PERFECT CIRCLE**
Emotive

**23) NOFX**
The Greatest Songs Ever Written (By Us)

**24) SENSES FAIL**
Let it Enfold You

**25 ) TOM WAITS**
Real Gone

**26) PRESIDENTS OF THE U.S.A.** Love Everybody

**27) MUSIC**
Welcome to the North

**28) EXPLOSION**
Black Tape

**29) RIDDLIN KIDS**
Stop The World

**30) NEKO CASE**
The Tigers Have Spoken

ARTS & ENTERTAINMENT

# 'The Polar Express' comes to theaters

Movie Review

By Lindsay McAnulty
Staff Writer

Photo from Warner Bros.

**Tom Hanks stars in "The Polar Express," an animated version of Chris Van Allsburg's book.**

If you were to watch Warner Bros. Pictures' new Christmas film, "The Polar Express," and had never seen animated characters, you could make a case that it is one of the most beautifully animated films ever; however that is not the case.

"The Polar Express" is based on the children's book by Chris Van Allsburg. With the exception of some narration in the beginning and end of the film by the movie's star, Tom Hanks, the book and movie have little in common.

The film centers on a boy who is beginning to doubt the existence of Santa, and on Christmas Eve journeys to the North Pole on a magical train called the Polar Express. On the way, he meets three friends, a possessed-looking African-American girl with great leadership qualities, an annoying know-it-all who resembles Drew Carey, and a little monk-looking boy, named Billy, who sits in solitude for a large portion of the film. All of the children remain nameless for the entire 93 minutes of the movie, except for Billy.

Although the characters were awkward in appearance, the film was jam-packed with beautiful scenery and exciting action sequences. It is apparent how artists have drawn inspiration from some of Van Allsburg's original illustrations in scenes from the boy's living room and bedroom to the city skyline of the North Pole.

Some highlights of "The Polar Express" include a musical number performed by waiters and chefs bringing the children on the train hot cocoa, a scene in which the train is obstructed by hundreds of caribou and an exciting roller coaster ride down vertical train tracks. Unfortunately, the magnificent thrills seem to take away from the dream-like quality of the original story.

"The Polar Express" is so action-packed, IMAX theaters are now showing the film, and movie theaters are receiving promotional 3-D glasses.

Robert Zemeckis, director of "The Polar Express," is known for pushing technological limits in his movies such as "Who Framed Roger Rabbit?"

Zemeckis spent $170 million on "The Polar Express" and developing the digital process used in the film called "performance capture." This is a new technology that uses electronic sensors on an actor's face to record information used to create the characters' facial expressions.

Tom Hanks stars as the conductor, a homeless man and Santa Claus (who looks more like a worn-out politician than a jolly old elf). This is the third film Zemeckis and Hanks have done together, after "Forrest Gump" and "Castaway." Hanks helped develop the facial expressions of all of his characters as well as the main character, using "performance capture."

Some other problems with the film are its gaudy nature and seeming willingness to incorporate all aspects of Christmas, modernism, heroism and symbolism. There are not too many places you could find the largest and brightest Christmas tree imaginable, bungee-jumping elves, three children who are brave enough to walk across a 4-inch railroad tie thousands of feet from the ground, and a hobo who temps the main character with his own doubts about the existence of Santa

Although the characters were frightening and the content a bit over the top, the story line has true elements of Christmas spirit running through the film.

It may not be an instant Christmas classic, but "The Polar Express" is a fun spin on the traditional Christmas story.

It's greener here,
no matter what the season!

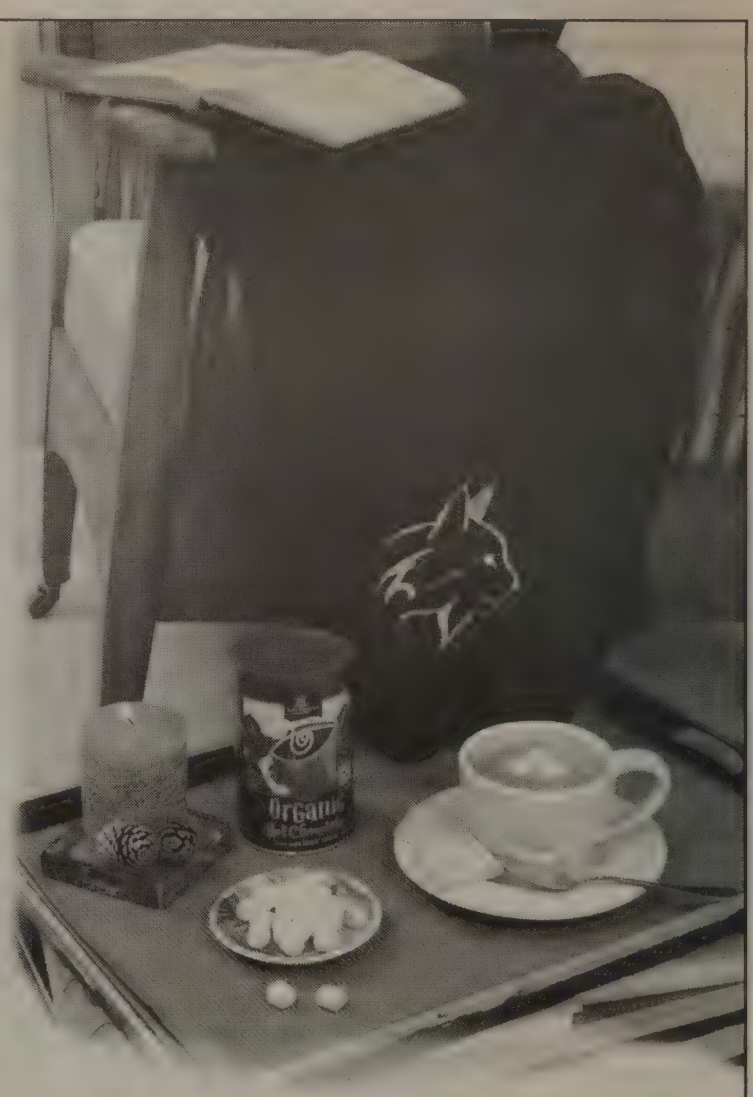
Free Checking for Life®

| | |
|---|---|
| Remains free for your lifetime. | ☑ |
| Earns interest. | ☑ |
| Free debit card. | ☑ |
| Free online banking. | ☑ |
| Free online bill payment. | ☑ |
| Free 1st standard order of checks. | ☑ |
| No minimum balance requirement. | ☑ |
| No monthly maintenance fee. | ☑ |
| No per check fee. | ☑ |

ACT NOW!

To receive your stadium-sized, forest-green **Fleece Blanket** from vermontfleeceblanks.com and some delicious, **Organic Hot Chocolate** from Lake Champlain Chocolates!

(Offer expires January 31, 2005)



merchants BANK
Vermont's Premier Community Bank
800-322-5222 www.mbvt.com

Personal accounts only. $100 to open account. Fees apply for non-Merchants Bank ATM use and replacement cards. Check safekeeping (free service) required. Annual Percentage Yield (APY) for Free Checking for Life® as of 10/18/04: $1-$1,499 is 0.15% APY; $1,500-$4,999 is 0.20% APY; $5,000-$9,999 is 0.30% APY; $10,000+ is 0.40% APY. Rates are variable and subject to change. Gifts will be received at account opening. IRS requires gift values be reported as interest income. Limit one gift-set per household. New Free Checking for Life® customers only. Member FDIC. Photo by Paul O. Boisvert.

Outstanding LOCAL customer service • Top-notch electronic and online services • 38 locations throughout Vermont

## ARTS & ENTERTAINMENT

# 'Virgin & Slut:' Sut Jhally speaks at UVM

**By Lynn Monty**
Staff Writer

*Review*

On a dusky October evening, an early arrival left me alone in front of the Ira Allen Chapel at the Univeristy of Vermont. I waited to hear Sut Jhally's lecture, "Virgin & Slut: The Media's Catch 22 for Women and Girls." A man darted around the chapel. I hurried towards the door tightly wrapping my coat around my body as my suspicion increased. This man was downright scary with his wild gray hair and Ichabod Crane physique. I soon realized, internalizing my embarrassment, this man was Jhally himself.

Jhally is an expert on advertising and media studies. He is well known for his award-winning film, "Dreamworlds: Desire/Sex/Power in Music Video." Jhally's goal is a noble one, creating a more just and compassionate world.

The stories in any culture shape the people in it, Jhally lectured. His winding procession of video clips and shocking revelations about media influence in our culture began with Confucius. This ancient Chinese philosopher was once asked, if you were a leader of the people, how would you control them? Confucius explained he would control the language. In controlling the language, he could control the stories being told. Whoever controls the stories has control of mass thinking.

Feminists like Jhally feel sexual advertising has become the cultural story American girls are being sold. Sex in advertising objectifies women and reinforces sexism. He feels sex in ads teaches that love and affection are only won with sexuality. Mass media screams to today's youth that the only value girls possess are their bodies.

Sexual stories in advertising permeate our culture. These messages are ingested daily. It is a confusing story of sex. Girls have to dress sexy and look sexual while being virtuous and innocent to be accepted in our culture. The message is look sexy, but don't be sexual.

This is internally contradictory. The virgin is labeled a tease while the slut lives in shame. This contradiction has even been woven onto some ads; a clothing commercial shown during the lecture said, "If your clothes are saying yes, your mouth has to say no."

Just as contradictory, adoration and contempt are created within males toward females because of this. Could it be that our media is creating misogynistic tendencies in young men? We must realize women are not the only victims here.

Film footage exhibited a group of men speaking about women. Their language was so vulgar I was enraged. Sadly, women were nothing more than walking vaginas to this crew.

Jhally pointed out that speech between men goes unchecked. When the good men of the world speak up in defense of the women they respect and love, they are called pussy, fag, whipped, and mama's boy, to name a few. It takes courage to make a stand, he says. Jhally's theory is that with courage and perseverance we can change how our culture perceives women – one conversation at a time.

Jhally's call is to create a culture based on love and acceptance instead of hate, shame and alienation. He ended his lecture by asking, "How much do we really care and what are you going to do about it? We are all implicated."

Contrary to what the media sells, Jhally closed the deal with this lecture, proving that an individual's appearance is of little value when shaping and generating positive cultural change.

# 'Halo 2' reports for duty

## *Highly anticipated video game finally released*

**By Annie Muske-Dukes and Patrick Skelly**
Daily Trojan
(U. Southern California)

Photo from Microsoft

**After 2 million preorders, "Halo 2" was finally released Nov. 9.**

On Tuesday, Nov. 9, "Halo 2" officially landed.

People have reserved copies since 2002 and in one day the game made more than $125 million. According to CNN.com, one retailer sold 8,500 copies in 11 minutes.

Since its release, the original "Halo" has sold 5 million copies, and is credited as the game that made Xbox popular. The story follows Master Chief, the last of a group of super-soldiers, on the run from an alien race known as the Covenant.

But while the story of the original "Halo" was just enough to give the first-person shooter some substance, the stories and information told in between the launch of "Halo" and "Halo 2" have increased the already insane amount of hype to massive proportions.

In July, the "Halo 2" trailer was released in theaters and a number of people noticed that at the end of it a Web site URL flashed on the screen: www.ilovebees.com. Visiting the Web site allowed viewers to enter an alternate reality game, where people across the nation answered payphones at specific GPS coordinates, solved online puzzles and slowly uncovered a huge amount of the back-story to "Halo 2."

But the game ended Nov. 4, with players discovering that they were partially responsible for leading the Covenant to Earth.

However, the .wav files from the game are still on the site, with a few extraordinarily rare DVDs holding all of the dialogue floating around, for anyone who wants to catch up.

Don't count "Halo" out just yet, though. The original has also been used as a creative tool for other games, most notably the comedic Web series RedvsBlue, which uses the multiplayer mode of "Halo" to tell a story that is now in its third season.

A book trilogy is also available, which tells the story before, during and after the first "Halo." But while the in-game story of "Halo 2" is a great improvement on "Halo," it doesn't really seem to relate to the information presented in it.

It's a good story, with twists even more exciting than the discovery of the parasitic race "the Flood" in the original "Halo." As for "Halo 2," it starts out slow and is what everyone predicted it would be, but then things change.

Players are thrown into a situation they don't expect (but probably hoped) to be in, and by the end of the game it's clear that this wasn't designed to be as much like "Halo" as people thought. And at the end, it's apparent that Bungie's obsession with numbers, for instance, oh, say, the number three, hasn't gone unnoticed.

The in-game graphics of "Halo 2" are stunning. Everything is textured, lighting is fantastic and the characters' animations are smooth. The environments are also extremely detailed. Birds fly overhead, and in one underwater section fish swim by.

The graphics in the cutscenes aren't up to par. Characters stutter in their movements, the framerate drops significantly and parts of characters don't load properly. In one case, Marines were flying through the air without a ship for half a second before it finally loaded. It's very strange and distracting.

Unlike the video, the audio is where the game truly shines. More than 15,000 lines of dialogue were recorded, with cast members such as David Cross and Orlando Jones. In addition, every time the Campaign mode is played, the dialogue in various cutscenes changes slightly.

The music is also exceptional. Variants of the original score are found throughout the game and the songs cue at the correct time, setting the mood perfectly; even the lack of music at certain points is perfect. Major bands, including Incubus and Breaking Benjamin, wrote songs for the official soundtrack, but they didn't make it into the final game and are found only on the CD.

"Halo 2" has undoubtedly distinguished itself from the original, and for the most part, the change is good. This is evident in the new health and shield system. Instead of a shield bar with a health bar below it, Master Chief now has just a shield to protect him. This changes battle tactics a bit, since it's now more important than ever to run off and hide while the shield recharges. But it recharges faster, and the upgraded Mark VI armor does look a lot better than the Mark V, so it's more than worth it.

In an appreciated move, the number of weapons available has almost doubled. Covenant varieties of almost every human weapon are now available, as well as several entirely new weapons for each group.

But in the interest of balance, the guns and grenades aren't as powerful as they were in "Halo." Even the virtually unstoppable energy sword, which is a playable weapon this time, seems weaker and only lasts for a limited amount of time.

The vehicles have all received major upgrades. The Ghost and the Banshee have changed the most, and having good piloting skills is now more important than ever.

Thankfully, the annoying repetition of the level designs in "Halo" has been toned down, although some levels still feel like the same area over and over again, so much that it makes it hard to tell which areas have been beaten and which haven't.

Also, a couple of levels are very frustrating, especially one in which the player is trapped in what is quite possibly the slowest elevator in the history of the world and has to stand around waiting to go down while watching various forms of machinery unload barrels.

*–U-Wire*

# Milk does a skeleton good

## *Calcium important for students to prevent osteoporosis*

By Jessie Palatucci
Staff Writer

Getting enough calcium is something most students never think about. We eat chips and guzzle soda without considering the future damage we could be causing.

According to Candace Polzella, a nutritionist at St. Michael's College and the University of Vermont, the average undergraduate student needs at least 1,000 milligrams of calcium every day. This is equivalent to about 2.5 servings of yogurt, 3.5 glasses of milk, 3.5 cups of calcium-fortified orange juice, or 16.5 servings of cooked broccoli. Unfortunately most students aren't getting anywhere near their daily requirement.

"Many students are only getting half the calcium they need, often times less," Polzella said. "It's common for people to carry around a water bottle, and lots of students drink coffee, but they're not going for the milk."

Junior Anna Woodley knows she's not getting enough calcium, but has a difficult time getting her daily dose.

"I met with a nutritionist and I realized I don't get enough," Woodley said. She blames the college lifestyle. "Domino's is the only source of calcium for college students."

Nutritionists like Polzella recognize the serious health threats caused by a lack of calcium. One potential problem is osteoporosis.

The national Centers for Disease Control and Prevention define osteoporosis as skeletal disease in which bones are weakened, making them extremely brittle. Women are particularly at risk for this disease, but it also affects men. According to Polzella, about 99 percent of the body's calcium is stored in the bones. When the body lacks calcium it takes it from the stores in the skeleton, making it weak.

> "People think of osteoporosis as a problem that only applies to grandmothers. It's actually in the early to mid 20s that we lay down our bone materials. It's something that is important even within the first two to three semesters at college."
>
> – **Candace Polzella**
> Nutritionist

According to Polzella, students as young as 17 who have had eating disorders show bone density levels equal to those of 70 to 80 year olds. This can occur in people without eating disorders, too.

Many students don't think this is something they have to worry about, Polzella said, but it is actually the calcium students consume in their early 20s that determines their bone health in the future.

"People think of osteoporosis as a problem that only applies to grandmothers," Polzella said. "It's actually in the early to mid 20s that we lay down our bone materials. It's something that is important even within the first two to three semesters at college."

There are many different ways to get enough calcium. Calcium supplements are available, but Polzella feels that the best way to make sure you get the amount needed is to get a good source at every meal.

"The best source of calcium is dairy, but calcium-fortified products, like orange juice, are good alternatives," Polzella said. "Calcium supplements are a decent option, but they don't provide all the other vitamins and nutrients that are in foods."

For students on the St. Michael's campus, the cafeteria provides a variety of calcium-rich options. Though cheeses, orange juice, tofu and yogurt are always available. Hank Strashnick, general manager of Sodexho Marriott at St. Michael's, said milk is always a popular item.

"Students consume about 120 gallons of milk a day," Strashnick said. "That number has remained steady over the past few years."

The Green Mountain Dining Hall also offers alternatives for lactose intolerant diners and vegans on campus. For vegans, milk and dairy are not options, because they can't consume any animal products.

Sophomore Scott Pelow has been a vegan for three years. He gets his daily dose of calcium through vegan alternatives like soy milk and vegan cheeses, both of which are high in calcium. Although it can be difficult to find vegan foods, Pelow said he doesn't have much trouble finding options in the dining hall.

"They always have soy or rice milk," Pelow said. "I just have to be careful and make sure I know the ingredients in everything I eat. Some things are cooked in butter or with milk as an ingredient, and I can't have that."

Photo by Jim Whitman
**1,000 milligrams of calcium every day will help protect students from osteoporosis.**

# Meningitis vaccine now available at reduced price

By Arly Scully
Staff Writer

Student Health Services recently announced that the meningitis vaccine will be offered for $50 instead of the usual $70.

The price drop was caused by expiration dates which require the current supply to be used before Jan. 1. However, the vaccine is still "entirely potent," said Susan Jacques, director of Student Health Services.

Meningitis affects the brain and spinal cavity. On average, 2,600 cases are reported every year, but Jacques wrote in an e-mail that 10 percent to 15 percent of people that contract meningitis will die from it despite treatment. Another 10 percent will suffer permanent damage, such as deafness.

Janet Wiatrowski, the public health nursing supervisor with the Vermont Department of Health, said meningitis is not highly contagious. However, since it is transmitted through respiratory and throat secretions, people living in close proximity to each other, such as college dormitories, could be at a higher risk.

"I cried when I got that shot," said junior Erin McDonnell, but said she was informed meningitis was a major health issue in college, which outweighed her fear of needles.

The American College Health Association recommends that all colleges and universities encourage their incoming students to receive the vaccine, Nancy Carney, a health care nurse at the University of Vermont, wrote in an e-mail. St. Michael's College, the University of Vermont and Champlain College all follow this advice.

Carney and Cissy McClellan, director of Health Services at Champlain, each said that, like St. Michael's, their schools encourage first-years and transfer students to receive the vaccine. The three schools provide the vaccine through health services, but all report a growing trend of students entering college already vaccinated.

Despite the push from institutions to get immunized, some students don't. Junior Aubrey Matthews said the price reduction doesn't affect her plans to get the shot. "I'll take my chances," Matthews said.

The drastic outcome of the disease is the main reason why students should consider getting vaccinated, Jacques said. St. Michael's hasn't had any cases affecting the student population during the past five years, but that isn't to say it couldn't happen, she said.

"It's easily preventable. You'd hate to think you could have done something to protect yourself and didn't," Jacques said.

First-year Nolan Sutherland said he received two meningitis shots. He said his doctor asked him if he had been immunized against meningitis and Sutherland said he "honestly couldn't remember." His doctor gave him the vaccine. Later it turned out he had already been immunized against the disease.

Students interested in the vaccine can go to Health Services and simply ask for it. "If you've been considering it," Jacques said, "the time is now."

### Symptoms of meningitis

- High fever
- Headache
- Vomiting
- Nausea
- Confusion
- Discomfort looking at bright lights
- Sleepiness
- Seizures

Information from the national Centers for Disease Control and Prevention Web site, www.cdc.gov.

OUTDOORS

# Ways to get in shape for the snow

**By Allen Briggs**
Staff Writer
**Photos by Raina Jensen**
Photo Editor

Another skiing and snowboarding season is rapidly approaching leaving students an-xious to get out on the slopes.

Besides sharpening edges and dreaming of powder, how are St. Michael's students preparing for the upcoming winter?

The alpine ski team has a workout that the entire team participates in.

"We lift three days a week," said first-year Brendan Forbes, a member of the alpine ski team. "We do six upper body and six lower body exercises." Forbes skied for Gould Academy in Bethel, Maine, during high scho-ol and had a similar set of exercises.

"On Monday, Wednesday and Friday we're in the gym for about an hour and a half," said senior Mike Rosenberg, captian of the ski team.

Rosenberg said that when training for the ski season skiers shouldn't only focus on getting their legs in shape.

"Your core is probably more important than your legs at skiing," Rosenberg said. The skiers do two sets of 250 abdominal exercises to improve their balance and agility.

Aside from weight training, there are other options for students who want to prepare for the season.

"I do yoga on Monday ni-ghts," Rosenberg said. "I think it's really good for balance and coordination."

In addition, the alpine ski team does cardiovascular exercises such as speedball, which is a cross between soccer and handball, Forbes said.

Adam Howard, the editor at Backcountry Magazine said staying active, no matter what you do, will prepare you for a strong ski season.

"I think the bottom line is, don't stop being active," Howard said. "Do something, anything, three to four times a week."

A great way to get in shape is by doing something fun that is similar to skiing, Howard said.

Many skiers feel the need for vertical relief, the feeling of going up and coming down a mountain. Howard tries to get vertical relief by mountain biking and hiking twice a week, Howard said.

"We want to have fun and not suffer," he said. "Getting out in the mountains is really key."

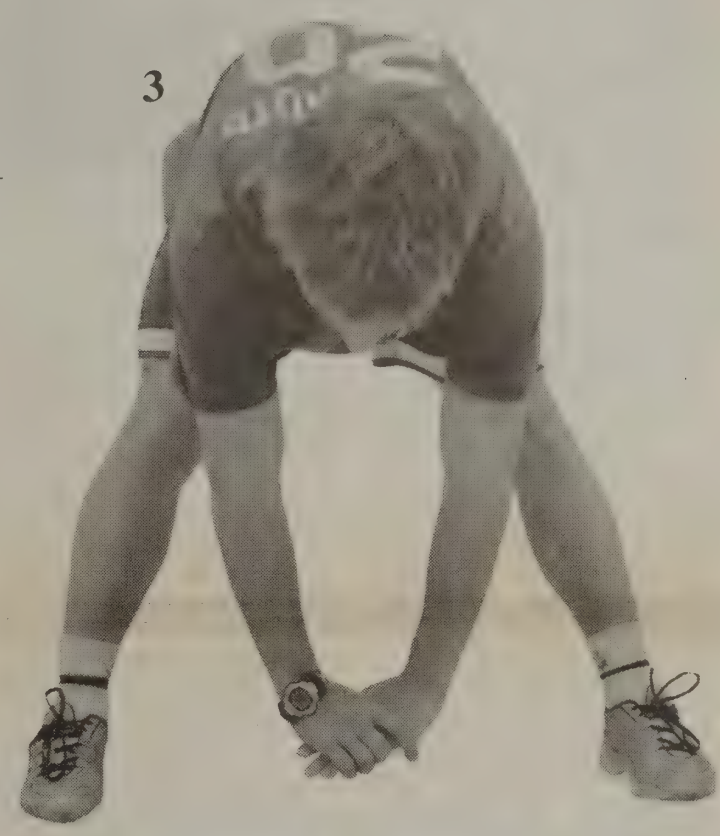
Senior snowboarder Dan Jackson said it is important to get his legs in shape before the season starts.

"Once or twice a week I do a run around campus," Jackson said. "You don't want to be chucking filthy mcnasties (crazy jumps) when your legs are out of shape."

Jackson also plays indoor soccer and goes to the gym to prepare for a season of riding the mountain.

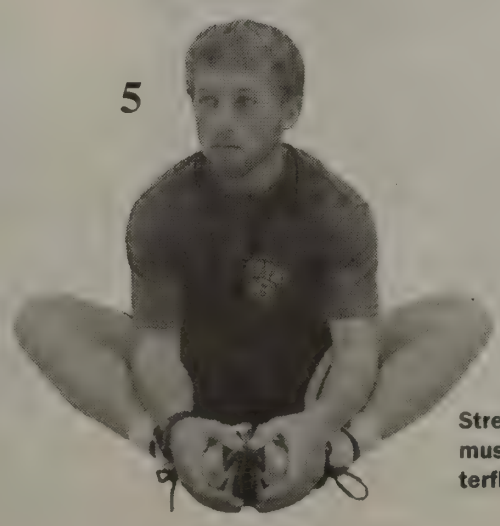
**Mike Rosenberg stretching the calf muscles.**

**Stretching the right quadricep muscle.**




**Stretching both hamstrings by bending at the waist.**

**Stretching the hamstring muscle.**




**Stretching the groin muscle using the butterfly stretch.**

OUTDOORS

# MOVE International expands it's horizons

By Michael DeGrandpre
Staff Writer

Photo by Robynne Locke

**St. Michael's students volunteered in non-governmental organizations for MOVE International in May in Calcutta, India.**

For a few St. Michael's students, the meaning of community will become forever changed as four groups prepare to embark on international service trips.

For the past three years, MOVE International has sent students to countries such as India, Uganda, Ghana, Honduras and El Salvador to offer their services.

This year, students will be traveling to Calcutta, India, Uganda, Honduras and Ghana throughout the next six months.

In 1994, Mobilization of Volunteer Efforts sent it's first group of students to El Salvador. Another group then went to Venezuela, where the Society of St. Edmund had connections.

In 1996, MOVE sent its first group of volunteer students to Haiti to help those living in extremely poor situations, said Ann Giombetti, director of MOVE.

Sophomore Siham Elhamoumi, who participated in a trip to Calcutta in May, saw an ad and went to a meeting.

"I fell in love with India," she said.

Elhamoumi described the application process as comprehensive.

The questions ask about previous travel experience, why they want to go, what apprehensions they have and if they talked with their parents about it.

Two interviews follow the application process.

"Lots of people apply, but unfortunately only eight were allowed to go last year," Elhamoumi said. "I was one of only two freshmen who went last year. The rest of the students were mostly juniors and seniors."

Senior Ashley George, who spent time as an exchange student in Thailand and is going to Uganda in May, described the application as the regular information that St. Michael's is required to ask and then four essays.

George said that she is meeting with her travel group three to four times this semester and more regularly next semester as the date draws closer.

Selected students were also required to read a book introducing them to the poverty, culture and daily life in Calcutta, Elhamoumi said.

A group of 10 students will travel to Calcutta this year. They are hoping to raise $15,000 before they depart on Dec. 26.

In addition students need to cover basic travel and hospitality costs, which will range from $325 to go to Honduras, to $2,585 to travel to Ghana.

Groups of seven to 10 people will depart for Ghana, Honduras and Uganda in May, shortly after graduation, Giom-betti said.

"You spend a lot of time outside of the meetings writing letters to friends, family members and companies to raise money. There is a lot of fund raising to subsidize," Elhamoumi said.

Students traveling to Ghana expect to work in a children's home and also spend time studying Ghanian drumming, dance and other local cultural aspects.

According to George, this year's group traveling to Uganda will be spending time with a family in Kampala, the capital city, to become accustomed to their culture. The group will then fly to a refugee camp in the northern part of the country to work at schools, helping to educate and medicate younger children.

Deciding where the international service trips will go is often made by fate.

"It often happens that the interests and connections of faculty members lead us to our next destinations," Giombetti said. "In the case of Calcutta, it was Robert Lair who had for a long time expressed interest, so we looked into it and finally went for it."

Future trips and destinations through MOVE International are starting to be planned, Giombetti said.

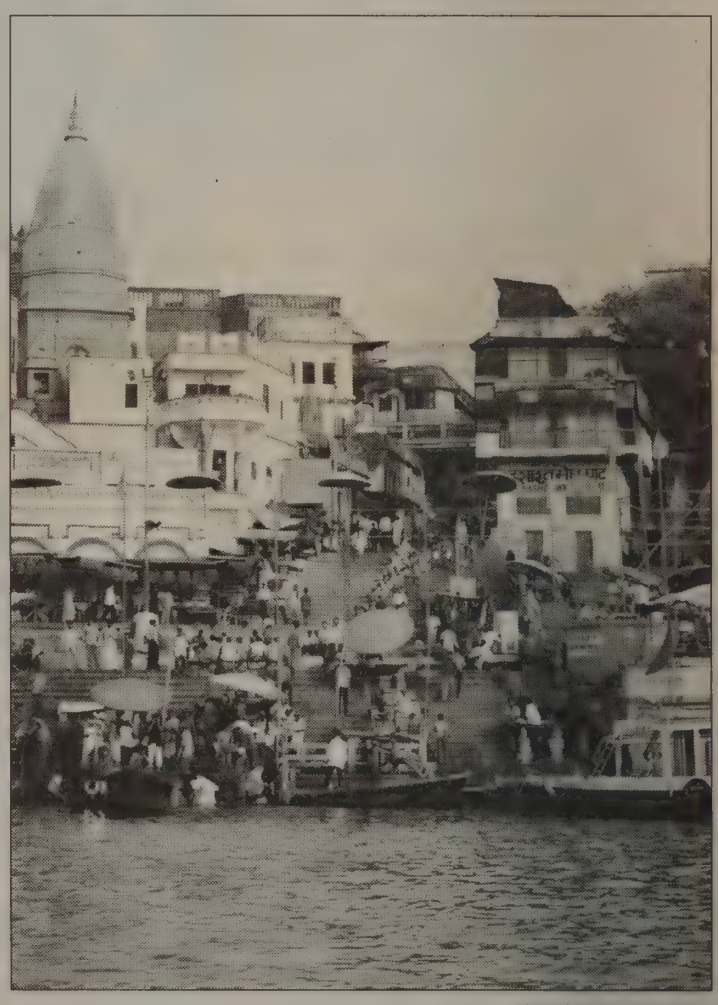


Photo by Ashley George

**The holy river Ganges runs through the city of Veranasi, India.**

Photo courtesy of Ashley George

**A student from Notre Dame (left) and Ashley George at Shi Shu Bavan, one of Mother Teresa's missions in Calcutta, India, where they volunteered.**

Photo by Roynne Locke

**The children of New Hope, New Life, a project that helps children in rural villages of India.**

# CALENDAR

## 17 Wednesday

**War on terror.** St. Michael's College and the Vermont Council on World Affairs hosts Barry Dunsmore, ABC News correspondent for foreign affairs. He will speak on "The Israeli-Palestinian Dispute: A Must-Win Battle in the War on Terrorism." The talk will be in the Hoehl Welcome Center at 7 p.m.

**Piano concert.** The UVM Lane Series presents Pedja Muzijevic, a Bosnian-born pianist. Tickets cost $25. The show starts at 7:30 p.m. in the UVM Recital Hall.

**Hip-hop.** Nectar's welcomes the hip-hop style of Dujeous at 9:30 p.m. 21+

**Rocking band.** Club Metronome hosts the band Nubreed from Melbourne, Australia, named one of the best new artists in the U.K. last year. The show starts at 10 p.m. Tickets cost $8.

## 18 Thursday

**Fireside chat.** The discussion will be on "The Fiftieth Anniversary of International Programs at St. Michael's College: Highlights Through the Years" in the Hoehl Welcome Center at 4 p.m.

**Salsa.** St. Michael's College hosts the band Saltambucada Salsa in Alliot Hall from 5:30 p.m. until 7 p.m.

**Comedy.** Champlain College welcomes comedian and story teller Peter Burns. The performance starts at 7:30 p.m. in Champlain College Dining Hall. Free.

## 19 Friday

**Documentary film.** The FlynnSpace shows a screening of "Bluegrass Journey" with a question-and-answer session with filmmakers Ruth Oxenberg and Rob Schumer. The free screening starts at 6 p.m.

**Centennial concert.** St. Michael's College hosts "Humanities Program Centennial Concert," featuring music composed during St. Michael's year of founding. Music to be performed by pianists Michael Arnowitt and Paul Orgel. The concert starts at 7:30 p.m., in McCarthy Arts Center.

**Brazilian jazz.** The UVM Lane Series hosts The Luciano Souza Duo with Brazilian guitarist Romero Lubambo. Tickets cost $25. The concert starts at 7:30 p.m.

**Rock out.** Club Metronome welcomes the Jennifer Hartswick Band featuring Bootyjuice. Tickets cost $8. The show starts at 9 p.m. 21+

**Reggae.** Nectar's welcomes the band Lambsbread to perform rhythm-oriented live reggae music. The show starts at 9:30 p.m. $3 cover charge. 21+

## 20 Saturday

**Presto.** The Vermont Youth Orchestra presents its fall concert, "Presto," a group of string musicians. The event is free in the Elley-Long Music Center on North Campus at 11:30 a.m.

**Flute music.** The FlynnSpace welcomes Jamie Baum Septet, a jazz group. Tickets cost $10 for students, $15 for adults. The show starts at 8 p.m.

**Funk.** Nectar's hosts the Grippo Funk Band. The show starts at 9:30 p.m. $3 cover charge. 21+

## 21 Sunday

**Fall concert.** The Ira Allen Chapel at University of Vermont hosts the Burlington Choral Society Fall Concert at 3 p.m. Free.

**Ski movie.** The Flynn MainStage hosts a screening of Warren Miller's "Impact," a film showing the best terrain, skiers and snowboarders around the world. Tickets cost $18.25 for students and $19 for adults. Screenings are at 6 p.m. and at 9 p.m.

**Comedy.** The FlynnSpace hosts Zak the Llama, presented by Kamikaze Comedy. The act is an improvisational group that draws humor from the audience. Tickets cost $10. The show starts at 7:30 p.m.

**Funk.** Nectar's welcomes the band Granola Funk Express from Florida. They sing and perform skits. Tickets cost $11 in advance, $12 the day of the show. The tunes start at 9 p.m. 21+ with limited number of 18+ tickets available at the door.

## 22 Monday

**Irish step dancing** Memorial Auditorium in Burlington presents Michael Flatley's Lord of the Dance. Tickets start at $42.75. The show will begin at 7:30 p.m.

## 23 Tuesday

**Stunts.** Rice Memorial High School hosts Stunt Night, an annual talent show among Rice Students. Tickets cost $10 for students and $12 for adults during the 4 p.m. showing and $12 for students and $15 for adults at the 8 p.m. showing.

**Country.** Nectar's presents the country band The Weathervanes. The show starts at 9:30 p.m. 21+

## 24 Wednesday

**Rock 'n' Roll.** Nectar's welcomes Sean Kelly of The Samples. The show starts at 9:30 p.m. 21+

## 25 Thursday

**Happy Thanksgiving!**

## 26 Friday

**Blues.** Nectar's hosts the Jim Branca Band. The show starts at 9:30 p.m. $3 cover charge. 21+

## 27 Saturday

**Poetry.** Nectar's hosts the poetry group Salad Days. There is a $3 cover charge. The show starts at 9:30 p.m. 21+

## 28 Sunday

**Feel like singing?** Nectar's hosts open mic night at 9:30 p.m.

## 29 Monday

**CD release party.** Nectar's hosts United College Club hip-hop extravaganza and Strangers CD release party. The party starts at 9:30 p.m. 21+

## 30 Tuesday

**Spirituality.** St. Michael's College presents St. Michael's professor Ron Miller to discuss his new book, "Facing Human Suffering: Psychology and Psychotherapy as Moral Engagement." The talk will start at noon in St. Edmund's Hall Farrell Room.

**Folk rock.** Ani DiFranco comes to the Flynn MainStage. Tickets cost $34.74. The show starts at 8 p.m.

## 1 Wednesday

**Theater.** The FlynnSpace presents the play "Quilters," a play about a pioneer woman struggling in America. Tickets cost $25. The show starts at 7:30 p.m.

## Get in the holiday spirit

Photo from berkshireballet.org

**The Flynn MainStage hosts the holiday ballet "The Nutcracker," presented by the Albany Berkshire Ballet. Tickets start at $17. Shows run at 3 p.m. and 7:30 p.m. on Nov. 27.**

## The Flynn welcomes The Del McCoury Band

Photo courtesy of the Flynn Center

**The Flynn Center MainStage welcomes the bluegrass tunes of The Del McCoury Band. Tickets start at $20. The show begins at 8 p.m on Nov. 19, 2004.**

## COLUMNS

# We all have a lot to be thankful for this Thanksgiving

In just over a week, we will be sitting around the table enjoying a Thanksgiving dinner. We are all thankful for many things. We're thankful for our family, our way of life, a significant other, an internship or even a job we might have in the near future.

As my first semester of senior year is rapidly coming to a close, I've realized that this year I'm thankful for the opportunity that I was given to come to St. Michael's College and make the kind of friendships that last forever.

Many of us had the opportunity to go to a few other schools. Maybe St. Mike's was our first choice, maybe it wasn't. St. Mike's was not my first choice for college and I wonder what my life would be like if I had gone to another school. Would I have friends just like the ones that I have here? Would I have played volleyball and cried at the end of the season because of the teammates I was going to miss? Would my life be similar or absolutely different? Would I have been happy?

THE VIEW

Lindsey Shumway

When it comes down to it, we all ended up here for a reason and I'm thankful I have because I never would have found the friends I have today.

This semester made me realize the importance of friendship. A couple of weeks ago, I came home crying about a late night at The Defender, stressed because I still had other homework to do and a game the next day. I thought no one else would ever understand what I was going through. When I walked in my door, the tears came pouring down. I had three friends who sat and listened to me cry and complain and while they could never understand what it was like, they didn't have to. It made me feel better knowing they were there for me.

We can never underestimate the power of friendship and having people who will pray for you when you're having a bad day or listen when you need a shoulder to cry on.

Our friends are the people we can rely on for anything. They are the people we can call at 1 in the morning to complain about a recent crush. Somehow they always find the right things to say and convince you that you're not being stupid even though you know you are. They are the people you can trust to tell you you're not dating the right person or whatever you do, "DON'T CALL HIM!"

Friends are the ones who keep listening to you, even though you've repeated yourself so many times and still feel the need to keep talking. My friends are the people I can go to about anything and they will always make me feel better.

Friends do little things for each other, like leaving notes and pictures on my door to make me smile. They distract me from my homework and tell me it's not as important as hanging out with them. They are the people who sit around the kitchen table and talk about everything from farts to world peace. My friends are the people I can sit on my bed with, drink a glass of wine and laugh for hours about all the stupid things we've ever said. They are the people who make college just a bit more bearable.

This year I've realized that while homework and tests are important, it's the time we have with our friends and roommates that really counts. I've been told that the people you meet in college are the best friends you'll ever have, and this Thanksgiving, I'm thankful I found them.

It's so hard to find people who will laugh with you when you're being stupid or will leave their shoulder open for you to cry on. No matter where we go in life, I know they will always have a piece of my heart.

In the words of Carrie Bradshaw from "Sex and the City," "It's hard to find people who will love you no matter what. I was lucky enough to find three of them."

*Contact Lindsey Shumway at lshumway@smcvt.edu*

# Yeah, you look sexy, but how is frostbite treating you this winter?

Like most people on campus, I'm not thrilled with the thought of the four months of snow we have staring us in the face. Sure, it means I can finally hit the slopes, but it also means subzero walks to class and the subsequent peeling off of layers once you fight your way inside. It's getting progressively colder and the wind's biting harder than a psychotic preschooler but I'm a native Vermonter, I've been through this a few times before. This being the case, it boggles my mind to see the way some people are dressing this winter. I don't care if you're from out of state; you're in Vermont now, sweetheart. Dressing for the weather doesn't consist of buying the new American Eagle cable sweater.

First and foremost, it's cold, for God's sake, get a coat. I know it's not that far from Lyons to St. Edmund's, but that dinky little sweater and jeans aren't going to cut it. Get some gloves, a hat, a parka, anything, just cover up as much skin as possible.

This leads me to the subject of weekend wear. I know most girls on campus see the weekend as their chance to get all decked out and head off to some townhouse or dorm for a crazy Saturday night. Is looking sexy in your too-short, ruffly Abercrombie skirt really worth the frostbite? If you know a guy who gets his kicks from goosebumps and uncontrollable shivering, then go for it, but don't say I didn't warn you.

Another one of my pet peeves is the compulsive flip-flop wearer. Don't get me wrong, I live in flip-flops all summer and most of the fall, too. Actually, I'd go barefoot all the time if I wasn't in danger of catching some disease from the floors of Alumni, but at some point we need to draw the line. What sounds better, sitting on your feet all through class trying to warm them up, or a cozy pair of cotton socks and sneakers? No contest. Now you can have the best of both worlds, but that's only if you feel comfortable going Ninja Turtle toes (wearing socks with your flip-flops). For those of you that choose this route, more power to you. I'm breaking out my Timberlands.

GUEST COLUMNIST

Erin Plude

Hey, guys, don't sit there laughing, shaking your heads and saying, "Silly girls." You do it, too. I don't care how macho you are, if it's 30 degrees, the wind is blowing and you're wearing a T-shirt, you're cold. Please don't insult my intelligence by telling me otherwise.

While this next one may not apply to all of you, it's been done. I feel I should mention it. Fun on the weekends is one thing, but I caution you against getting so drunk you end up passing out in the quad, naked in a snow bank. You may be able to pull it off during the summer months, but once it hits November, keep your clothes on.

Now I know I'm not perfect and I've had days when I shiver my way to class because I misjudged the weather, but please, when you're getting ready to head back to St. Mike's after Thanksgiving break, make sure you pack some weather-appropriate clothes. I know Mom's not here to pack on so many layers of sweaters and jackets that you can barely move your arms, but there is a happy medium to be found.

I'm sorry if I offended anyone, but if you decide to throw a shoulder my way when you pass me on your way to class, no worries, I'll have so many layers on I won't even feel it.

*Contact Erin Plude at eplude@smcvt.edu*

**It's your last chance to have your voice heard on campus this semester!**

If you would like to write a column for The Defender please contact Lindsey Shumway at lshumway@smcvt.edu for more information.

# Smoking 101

Well, it's time to pick classes, and if you haven't heard, St. Michael's is offering a new course in the fall called Smoking 101. This will be an introductory course into the world of cigarette smoking and how it will affect your life.

GUEST COLUMNIST

Haven Quinn

The course will teach students that there is no such thing as a risk of lung cancer, or that smoking causes coronary heart disease, which leads to heart attacks. Who says that smoking doubles the chance of your having a heart attack? You honestly don't believe those pencil-pushing, bifocal-wearing nerds who graduated from Harvard, do you?

All those numbers, like 43,000 Americans will die each year from smoking-related health problems don't mean anything, it's just a bunch of whoop-la. The biggest lie this class will prove false is that if you smoke you have twice the chance of having sudden cardiac death. I mean, come on, do those losers at MIT really believe the stuff they write?

The course will examine Web sites related to smoking problems and discuss the meaningless fact that cigarette smoking is a leading cause of heart and blood vessel problems among Americans. Now seriously, that's a load of cow squat, right?

The teacher, a lifetime servant to Marlboro smokes, will come to class dressed in all Marlboro attire. He will probably ride his Marlboro bicycle to class, since he smoked enough butts to mail in the packs to receive the bike. That is just the coolest thing I've heard since someone told me second-hand smoke was the third most preventable cause of death.

The course will also look at those commercials with all the punk kids falling down on the streets and being put into body bags because of smoking. What a waste of commercial space. I could be watching Coors Light twins wrestling in mud or something, but I am forced to watch what the "truth" behind cigarettes is.

Probably the best part of the class is when you learn how to properly inhale and exhale to receive the maximum nicotine level. After you take a few drags with the professor, you will learn that the phrase "nicotine provides an almost immediate 'kick' because it causes a discharge of epinephrine from the adrenal cortex" is just a bunch of rubbish and probably isn't true.

Class field trips will entail walking around campus and visiting such hot spots as the steps of Joyce Hall and, of course, smoker's paradise, the steps of Ryan Hall. A couple inhales and exhales and it is back to class where you will learn how to properly bum a cigarette from someone because you just had to have a drag. You just had to show your friend who doesn't smoke that your blood pressure isn't rising and that he isn't affected by second-hand smoke, because second-hand smoke isn't really a cause of cancer.

As the class winds down, the professor plays with his voice box because he doesn't have vocal cords anymore. At the end of the semester, you will be glad you took this class because now you know the truth about smoking and second-hand smoke.

Don't you?

*Contact Haven Quinn at hquinn@smcvt.edu*

COLUMNS

# Give money to the global fund

In January 2002, United Nations leader Kofi Annan established the Global Fund, which is a combination between the governments and the private sector to help fight AIDS, malaria and tuberculosis. These three diseases threaten the world in the 21st century. However, without money and the support of several nations, particularly the U.S., parts of the world will be at risk of spreading the disease even more. One of the most affected parts of the world is Sub-Saharan Africa where over half of the inhabitants with HIV/AIDS are living.

The United States, the world's largest superpower, gives the most money to this fund. President Bush stated in his 2003 State of the Union Address that by 2008 the U.S. would pay $15 billion and 2 million people would benefit from the money given to the Global Fund. Bush also said the U.S. would give half of what other nations were donating.

However, this wishful thinking never became a reality. By 2004, the Bush administration had given the Global Fund 1.5 percent less than it promised two years ago. Last year Bush called for $547 million to go into the fund but this year he asked for $200 million.

How is Bush getting away with these budget cuts on a program that the world is watching? Bush is pushing loopholes in the system quite well and is using his 1-to-2 promises to take money away from the fund. When Bush did his initial cuts, other countries were deterred from putting their money into the fund. Because other countries have pulled money out, the 1-to-2 ratio was thrown off and Bush started to take money from funding as well. Cutting donations has thrown the world's countries involved in the Global Fund into a game of cat and mouse.

In addition to this, Bush brought back a program called the President's Emergency Plan for AIDS Relief (PEPFAR). This program, run exclusively by the U.S. government, serves the needs of the AIDS epidemic and is said to complement the work that is done by the Global Fund. However, there are a few flaws in PEPFAR that cannot be overlooked when dealing with a devastating disease like AIDS.

GUEST COLUMNIST

Theresa Goretti

One of the main problems is that PEPFAR forgets about Tuberculosis, which is one of the leading killers for people with the deadly AIDS virus. PEPFAR also only helps 15 countries, leaving out places like China, Africa and Eastern European countries that are now developing some of the world's biggest AIDS epidemics and not receiving any financial help at all.

In addition, one-third of PEPFAR's funding goes to teaching abstinence, which involves the "no sex until your married" practice. Although this concept may seem logical to some in the U.S., it is not very practical for most of the countries with major problems with AIDS due to lack of women's empowerment. Women in these countries do not even have the choice on what they wear, nevermind who they have sex with. Therefore, preaching abstinence is not going to help as much as prevention treatment and drug treatment for the people living with HIV/AIDS.

PEPFAR also forces Third World countries into buying the drugs sold by pharmaceutical companies which are sometimes hundreds of times more expensive than a generic drug that the countries could buy elsewhere. The U.S. and the Bush administration claim these drugs are not proven safe, however, they are the only ones that think that. AIDS treatment drugs have already been approved by the Global Fund, World Bank and the Nobel Peace Prize-winning group Doctors Without Borders.

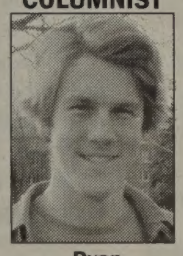
The Global Fund has proven to help so many lives, however if it goes bankrupt because the U.S. refuses to give its funds and the rest of the world is following our lead, we will have an even more serious problem concerning HIV/AIDS, TB and malaria. Can we as a country (or world) afford to not give money to the Global Fund? As a nation we must step up and tell our government to give money to the Global Fund so it can save many lives of people dying with those diseases. Don't let places like Africa, China and Latin America become victims to a stingy-pocketed American government.

*Contact Theresa Goretti at tgoretti@smcvt.edu*

# A chance to help the poorest of the poor

As you may already know, 10 St. Michael's students will be traveling over winter break to Calcutta, India for three weeks of service. Calcutta is one of the largest and poorest cities in the world. Considered an "urban disaster," the streets are literally crawling with men, women and children who are in desperate need of help, but are ignored by their own government.

GUEST COLUMNIST



Ryan Strobel

For three weeks, we will be working in Mother Theresa's home of Calcutta, including an orphanage, homes for the dying and destitute and a home for children wtih mental and physical disabilities.

Along with our work in organizations dedicated to helping those in need, we are hoping to bring with us as much money and supplies as possible. We have been working hard to collect school and medical supplies, toys for the orphanages and of course, money. The people we will be visiting have next to nothing.

The need for donations far exceeds the abilities of our small group, so we are asking for your help. Even the smallest contribution will make a world of difference. Our group, and those we will be bringing the donations to, will be endlessly grateful if you could make a contribution of any kind.

*Please contact Ryan Strobel for more information at rstrobel@smcvt.edu*

**Here is what we're looking to collect:**

- Any school supplies such as extra paper, pencils, crayons, coloring books, scissors, glue, etc. A donation as small as an extra pencil will make at least one child happy. If you have connections to schools or larger amounts of supplies, please let us know.
- Medical supplies such as Tylenol, Band-Aids, gauze, plastic gloves, etc. If you have connections to a doctor or hospital that would be willing to donate, please let us know. We will do all the work.
- Toys! You could make a difference with the donation of something as simple as an old teddy bear or some bubbles.
- A monetary donation to bring to the organizations. We are looking to buy food, clothing, bedding and anything else that is needed. Even the smallest donation will go a long way.

If you are able to help in any way, please call or stop by the MOVE office in Alliot where we will be collecting donations and can answer any questions you may have.

# That is so gay

*The trouble with this popular phrase*

"That is so gay," I am told. I frown for a minute wondering, exactly what that means? When did "gay" become synonymous with "stupid," "dumb," "wrong," or "bad?" When did an appropriate response to an undesirable situation become, "That is so gay?"

People are generally much more hesitant to say: "That is so Catholic," "that is so Muslim," "that is so black," "that is so white." What about, "That is so straight. Ugh gross."

GUEST COLUMNIST

Rachel Shapiro

Such a negative personification has never been more prominent in my lifetime. People who don't even know what personification is label things "gay" all the time. For me, this demeaning use of the word has become a stinging disappointment, especially as it is used carelessly and viciously by people whom I respect. So where has this subliminal discrimination come from?

Historically, we discriminate against people we feel threatened by. So the crucial question is: What is so threatening about gay culture? I supposed it might be threatening if you are not comfortable with your own sexuality. How can you be expected to be comfortable with the sexuality of others if you are not comfortable with your own?

Perhaps gays are so threatening because they have become so talented at translucency. Gay culture has generally been kept well hidden in the U.S. and for good reason. Why would someone want to "come out of the closet" to a society that bares its teeth at what it has difficulty understanding?

The entire concept of "coming out of the closet" reveals the unfortunate need for gays to hide in order to protect themselves. Ironically, this cloaking of their sexuality is also what can make them threatening to heterosexuals. If many gays are not the stereotypical males in tight pants and females with short hair, then anyone could be gay. What is more frightening than not knowing who to fear? Homosexuality, after all, transcends all races, sexes and faiths. It is wearing a silk suit in the cubicle next to you. It is carrying a briefcase into your board meeting. It is holding a tray and taking down your order. It is wearing a doctor's jacket while reading your temperature. It is all around us. It could be anywhere.

Certainly those who do harass gays would not want to admit that they feel threatened by them. That would be acknowledging what they fear the most, equality between straights and gays. This fear of equality has led many heterosexuals to resort to persecution to assert their superiority and to disguise their discomfort. As gay culture becomes more outspoken and visible, it is increasingly obvious that heterosexuals are equally matched against homosexuals in competence, creativity, athleticism, achievement, intelligence, innovation and most importantly interdependence. As members of a society that has benefited so greatly from our many differences, we should embrace gay culture as yet another asset to our advancement and prosperity. Why fear the equality that has made this country great?

In the United States, where the president is moving to strip gays of the right to marry and where many religions denounce homosexuality, it is no surprise that the youth of today have been taught to subconsciously discriminate against gays. Occasionally, when the phrase "that is so gay" slips my own lips, I am shocked to find that I too am a product of the fear and misunderstanding maiming our society. I wonder why we have not learned from history. Perhaps it will take a gay man finding a cure for cancer or a gay woman discovering a new energy source that will save the planet to earn a place in society. What a sad place to live, where you must go above and beyond to prove yourself worthy of simple human rights and respect. Should straights be so privileged as to have no requirements to fulfill?

Perhaps if our son, or sister, or father, or best friend were gay, we would hesitate before verbalizing society's subliminal discrimination. Perhaps by the next time the Red Sox win the World Series we will have evolved into a culture that truly embraces each others differences and Boston fans will shout: "That is so gay! Woo-hoo!"

*Contact Rachel Shapiro at rshapiro@smcvt.edu*

SPORTS

# Sayonara, Seniors

## *11 St. Michael's student-athletes finish their careers in the athletic department*

**By Kristine Hambrecht and Mark Byron**
Staff Writers

As winter nears, soccer, field hockey and volleyball players across the nation are returning their uniforms and icing their injuries for the last time. The St. Michael's field hockey team and men's and women's soccer teams have joined many other colleges and universities in season endings. Eleven athletes in particular will never grace the fields of Doc Jacobs again. They are seniors who, along with graduating from the school, also graduating from competitive college play. All of them plan to continue with their sport in one way or another in their post-college lives.

**Tamsen Hunter, Field Hockey**

Tamsen Hunter, who picked up her first field hockey stick at age 2, is graduating in May with degrees in math and education. She plans to get an elementary school teaching job, but also plans on playing in a women's field hockey league or coaching at the high school or college level.

Although she did not come to St. Michael's for field hockey, she said she liked the school and playing field hockey was a bonus. At first, she had difficulty balancing her schoolwork with team commitments, but she admitted it eventually made her more focused.

"I only have a certain number of hours to do work, so there is no room for procrastination," Hunter said.

Her most memorable field hockey experience at St. Michael's was her sophomore year. "We beat Bentley at home. They're our biggest rival and I had a shutout," Hunter said.

**Meghan Segar, Field Hockey**

Segar came to St. Michael's knowing coach Carla Hessler from the Futures Program. "I visited the school and loved the people, the school and the biology department. The fact that I could also play field hockey was a huge plus," Segar said.

Segar started playing in the sixth grade and admits she was hooked on the sport. "I couldn't imagine my life without it," Segar said.

After graduation, she wants to find a job, move somewhere warm and coach wherever that may be, she said.

Playing field hockey helped her balance her time and workload. "There is more structure when I'm in season, so I always do better in school," Segar said.

Her favorite memory is going to the NCAAs during her first year.

"It was amazing stepping out on the field for the Final Four and warming up with the top teams in the country," Segar said.

"Our team played so well together. We had great team chemistry, which allowed us to be successful," she said.

**Juliet Rose, Field Hockey**

"I remember playing field hockey in my back yard with my big sister when I was like 10," Rose said. She played organized field hockey in seventh grade and continued with the sport until college.

She said she may continue in the sport after graduation, although her main focus will be on sports psychology.

"I tried to coach summer league, but coaching is too tough. It definitely teaches you to respect your own coach."

Rose came to St. Michael's because it was the only school where she could play field hockey. One of her most memorable moments came in her junior year. "The seniors had karaoke night and it was so funny," Rose said.

Her senior wisdom to future players is "to use your teammates for support and advice. Make sure to realize when you're getting overwhelmed, to remove yourself and clear your head."

**Becky Millington, Field Hockey**

Becky Millington started playing field hockey in the eighth grade and said getting scholarship money played the biggest role in attending St. Michael's.

Her favorite moment was the first game she started.

"It was against Southern Connecticut at home. I was so proud," Millington said.

Millington said she wants to play in a women's league after college. She would consider coaching, but for now, her priority after graduation is nursing school.

"Nothing is definite, but I want to make sure it's fun," Millington said.

**Linette Letendre, Field Hockey**

Letendre didn't begin playing field hockey until she was in eighth grade. Since then she hasn't been able to put her stick down.

"I went to Australia to study abroad, and I carried my stick with me everywhere," Letendre said.

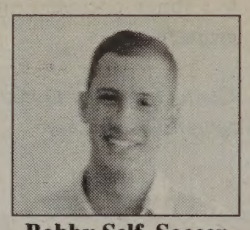
She said her time playing at St. Michael's has been a great experience because of all the friends she has made.

"I've been best friends with the whole team all this time," Letendre said.

She said balancing schoolwork and field hockey was hard but it kept her focused. Her favorite memory was during her first-year when the team went to the NCAA Division II Final Four.

"It was pretty intense with thousands of people there under the lights," Letendre said.

In the future Letendre plans to coach at some level and watch her sister Emily play field hockey at St. Michael's.



**Bobby Self, Soccer**

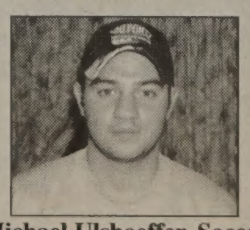
Self has been playing soccer since he was 5 and said he's been struggling to figure out what to do after graduation.

"I either want to go pro or go to law school," Self said. "Eventually I see myself as a soccer-dad type of thing, or maybe coach at the college level," he said.

Self came to St. Michael's because it's a small college far from his home in Kailua Hawaii. Balancing a soccer schedule, schoolwork, and a social life helped him structure everything.

His most memorable experience is his game-winning shot against Bentley last year. "It was a 30-yard shot in the upper right corner. It was awesome," he said.

Self's advice to the team after he leaves is to "stay positive."



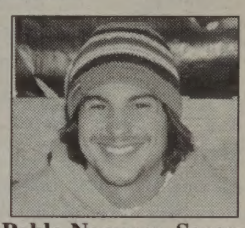
**Michael Ulshoeffer, Soccer**

"Soccer is not 100 percent the reason why I came to St. Michael's," Ulshoeffer said. "Part of it was the location."

He admits to struggling his first year in trying to coordinate schoolwork and team commitments.

"After my first year, it all came together," he said. "I've been playing as far back as I can remember. My favorite memory is watching kids puke my first year at tryouts."

After graduation, he plans to play in the Vermont Amateur Soccer League if he stays in the area. His career plan for now is to work for the city of Burlington government.



**Pablo Noguera, Soccer**

Noguera began playing soccer in recreational leagues when he was 8 years old. He plans on continuing with soccer after he graduates from St. Michael's.

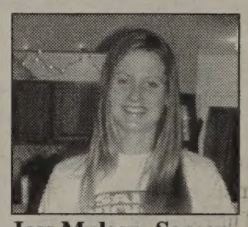
Despite the team's losing season this year, Noguera is not bitter.

"I hoped it would be more of a success. The most important part was that I was able to be on a team with a bunch of great guys," Noguera said.

Noguera said juggling schoolwork with athletics is tough but it can be done. He said there's little time for rest or to do anything else.

Although he doesn't have a favorite memory, he said the 25-yard goal against Castleton his first year was nice.

His advice to future players who pass through St. Michael's is to enjoy playing soccer while you can.



**Jess Mulson, Soccer**

Jess Mulson, originally from the University at Albany, N.Y., transferred because she wanted to get away from the sports-only attitude. She wanted to focus on her education, but still be involved with soccer.

She found the perfect match at St. Michael's, where her favorite memory was the team's trip to England for pre-season two years ago. Although she wishes the team had made playoffs this year, she has no regrets.

She hopes to play on the Vermont Voltage semipro team after graduating and go on to graduate school.

**Devin Camerlengo, Soccer**

Camerlengo, a psychology major from South Burlington, chose to attend St. Michael's because of its location close to home. She knew she could play soccer and be close to her family.

Camerlengo had trouble adjusting her first year.

"I had to balance work-study, schoolwork and soccer. It was hard but I learned to manage my time better," Camerlengo said.

Participating in soccer since she was 5 years old, she got her skills from playing against boys.

"They kind of hated having a girl on the team, especially if I was better than them," Camerlengo said.

After graduation, she hopes to continue playing on an indoor league and coach some day.

**Karyn Sporer, Soccer**

Karyn Sporer's best friend came to St. Michael's a year before she did, and she knew the second she stepped onto the campus it was where she belonged. Playing soccer influenced her decision to come, especially after meeting coach Marcel Choquete.

"He is a great person and a wonderful coach," Sporer said.

Sporer hopes to continue with soccer after graduation.

"I don't want to commit to anything serious, just pick-up. My main goal is to become a doctor, but I know I cannot live without soccer," Sporer said.

Playing soccer taught Sporer how to be organized. "Freshman year I slacked off, but then I learned to take my laptop on the bus for road trips and get my work done," Sporer said.

Sporer's most memorable experience was playing Merrimack.

"It was a great upset and their coach was my coach from high school, so it was a personal thing," Sporer said.

Overall, Sporer said her experience at St. Michael's was great.

"I learned time management, did what I love and met amazing people," she said.

# Champions lace up

*The St. Michael's men's hockey team prepares for 2004-2005*

**By Rikki Lombardi**
Staff Writer

Photo by Raina Jensen

**Junior Alex Watts fires a shot on the net on Saturday, Nov. 13 against Carleton.**

As NHL players pack their bags to head home, leaving a season of hockey out in the cold, the St. Michael's Ice Knights are lacing up their skates, ready for the upcoming season. The team has won three consecutive Division II championships and is anxiously awaiting the season's beginning with high expectations.

"I think we're going to have another great season. We have a lot of returning players and I think we have the depth to win another championship," sophomore forward Chris Thurston said. "It's a great feeling knowing I'm playing for a championship team. It's a great organization with a lot of hockey history."

Winning the ECAC Division II Championships three seasons in a row, and winning the Northeast-10 postseason Championships in 2003-04, head coach Lou DiMasi has a positive outlook for this season.

"Championships are exciting," DiMasi said. "Three in a row was very exciting. We're pretty excited about where we are and expect big things."

Dimasi returns for his 23rd season as head coach of the men's hockey team. He also coaches the B-team at St. Michael's, which has a 2-1 record this season.

Last year, DiMasi was named 2003 ECAC Division II Coach of the Year for his dedication and leadership, which have brought the team to the ECAC playoffs 10 times.

DiMasi has no long-term predictions for this 2004-05 season. He said that the team is only as good as their last practice.

"We have worked hard and we will continue to work hard," DiMasi said.

DiMasi expressed his sadness in losing senior leaders Justin Quenneville, Brent Hill, Mike Duffy, and Gavin Faretra, but he says this year his team has great potential with senior captain Matt Anctil, and seniors Nick Towne, Chris Zimmermann, Matt Tomasetta and Andy Joy.

Antcil finished his junior season with eight goals and six assists in 26 games. By his fourth year on the team, Anctil had played in 75 games with 37 points.

Before St. Michael's, Anctil spent two seasons with the Exeter Snow Devils of the Eastern Junior Hockey League, out of Wolfeboro, N.H. He scored 25 goals and had 20 assists. As team captain for the Devils, he won the Most Valuable Player award, and during his last two seasons at Kingswood Regional High School he led his team in scoring three seasons in a row.

Senior defensemen Nick Towne played 25, games collecting one goal and four assists his junior year. As a first-year he collected four assists in 15 games and started three games. He was named to the Division II All-Rookie Team.

Senior forward Chris Zimmermann played during his first and junior year. As a junior he played in 21 games and tallied five goals. In his first-year he played in 22 games, scoring two goals.

Senior goalie Andy Joy went 3-6-0 last year with an 84.4 save percentage. He earned ECAC Division II Goaltender of the Year honors. He also recorded his first career shutout against nationally ranked Bowdoin.

As a first-year, Joy went 1-2, allowing six goals on 35 shots in his collegiate debut.

"The junior and sophomore players seem to be the heart of individual performance," DiMasi said.

He expects to see good performance from juniors Alex Watts, Jonathan Perez and David Mullins.

"I don't think there is one top player on the team," Thurston said. "All of us have to contribute if we're going to be successful again this season. "But we got guys like Watts, Silver, Mullins and Anctil that are great leaders for us."

Sophomore Jared Silver led the first-year players last year, scoring 15 goals and 16 assists.

Sophomore forward Mike Gleason said it feels great to be on a team that has won championships three years in a row.

"I think we will have another great year and will be facing St. Anselm once again in the championships," Gleason said. He said the team has strong leadership under Anctil this year.

"Matt is a great guy on and off the ice. He'll be a good captain this year holding the team together," Gleason said.

The hockey team started its season with an exhibition match Saturday, Nov. 13, against Carleton. St. Michael's won, 7-4.

Watts and Silver each recorded two goals in the game. Anctil, first-year Erik Caron and sophomore Derek Girouard each scored one goal.

On Friday, Nov. 19, St. Michael's plays Connecticut College in it's season opener. The game will be played at Cairns Ice Arena in South Burlington at 7 p.m.

Junior • Swimming • English & Elementary Ed. • Sandwich, Mass.

## Athlete of the Week

**Name:** Chris Cochran

**Why chosen by The Defender:**
*Won the 3-meter dive in a dual meet at UMass Dartmouth. Also won the 200-yard individual medley.*

**High school:** Sandwich High.

**Started playing:** Two-years-old.

**Why SMC:** I wanted to go to a small school in New England, and after talking to the coach, this was right.

**Team strength:** Our close relationship with one another.

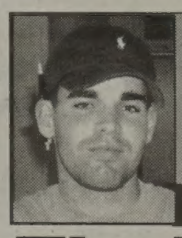
**Favorite SMC memory:** Breaking the thousand record last year and diving record my freshmen year.

**In your free time:** I do homework, I don't have much free time.

**Favorite TV show:** "Family Guy."

**Favorite Food:** Spaghetti and meatballs.

**Plans for after graduation:** Try to go right into teaching.



## KNIGHT Writer

*Mark Byron*

# The Trono Women

*Five St. Michael's seniors with more than just book smarts*

Apparently my article last week was sexist. I didn't think it was, but a group of women at St. Michael's certainly did. Because I was so out of line, this article is dedicated to them.

Last year the Trono theme house ended its reign at St. Michael's. In its final stance, nine women lived under the roof, all of them, athletic or not athletic in their individual way. Of those nine women, Faith Hubert, Caitlin Maloney, Lauren Piekarski, Cindy Richardson and Katie Sedore had something to say about my article. Not all of them attacked me for my writing, but I feel it's my duty to mention all of them to avoid future disappointments.

A handful of these women played on an intramural softball team with me, so I'll mention them first. Sedore, the best pitcher, should be playing professional softball, in my opinion. She throws a pitch that goes so far in the air that it gets lost in the clouds. By the time the ball returns to Earth, batters have either been blinded by the sun or developed a bloody nose from looking up for so long. I challenge anyone to go up against Sedore's mile-high sinker, but don't step back because you might strike the catcher.

Hubert is an elementary education major who off the field is one of the sweetest women I know. She can charm you with her smile or amuse you with a story. However, if you find her behind the plate catching a screwball from Sedore, you'll see she's not the innocent school teacher young kids dream about. She's spitting chunks of phlegm into her glove and rubbing it in before every pitch. If you hit a foul ball in Hubert's direction, you're toast. Or if you hit her with a foul ball, don't underestimate how quickly she will send you to detention.

Next there is Richardson, who isn't too pleased with me because of my description of her pool skills. She's one of the better female pool players I know, but her softball skills impress me most.

Second base, right field, pitcher or catcher, you name it she plays it. It's not her defensive abilities but her batting that other teams should fear.

Since the X-Factor was formed, we have tended to choose the first base sideline as our bench. Richardson is a right handed hitter, so when she bats, her backside is facing the other team. I don't know if she knows it, but her batting stance throws the other team completely off its game. She crouches down and directs that rear end of hers into the faces of the opposing bench. Granted there aren't too many players on the bench when we are up to bat, but she quickly silences their encouraging cheers. They change from, "Come on, get her out," to "Oh, my God, Billy, look at her butt." Then before you know it, she rips a pitch down the third-base line and stands safely on first base. What skills!

Finally there are Maloney and Piekarski, two little angels.

Piekarski is an all-star lacrosse player who hates the fact that I never talk about her in my columns. Well, here you go, dear. Keep up the good work in your off-season.

Maloney whom I've seen running in past years, has recently she has been known to ride bikes. Or should I say ride on the back of a bike. Vroom, vroom!

There are four other women whom I didn't mention becuase they didn't trash my writing. However if they want to, I do have one more column to write.

**Spring Break 2005**
Travel with STS, America's #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida.
**Now hiring on-campus reps.**
Call for group discounts.
**Information/Reservations**
**1-800-648-4849 or**
**www.ststravel.com**

## Scoreboard

For up-to-date scores, call the SMC sports hot line at (802) 654-2SMC

**Field Hockey**
**(8-11, 8-8 NE-10)**

10/21
SMC 0, Merrimack 1
10/23
SMC 2, AIC 0
10/27
SMC 0, Stonehill 2

**Men's Soccer**
**(4-13-1, 1-12-0 NE-10)**

10/21
SMC 0, Middlebury 2
10/23
SMC 0, St. Anselm 1
10/27
SMC 0, Merrimack 2

**Women's Soccer**
**(8-8-2, 5-8-1 NE-10)**

10/23
SMC 0, AIC 1
10/27
SMC 0, Bryant 1

**Volleyball**
**(5-17, 3-9 NE-10)**

11/2
SMC 3, Plattsburgh State 1
11/5
SMC 0, Bryant 3
11/6
SMC 0, Stonehill 3

**Cross Country**

11/7
NCAA Regionals
Men: 8th of 19
Women: 12th of 20
11/20
NCAA Championships

**Swimming**

10/23
at Colby Sawyer
Men: 1st of 3
Women: 2nd of 3
11/6
at UMass Dartmouth
Men: L, 157-86
Women: L, 154-132
11/17
vs. Norwich

**Women's Hockey**
**(0-4, 0-4 ECAC)**

11/12
SMC 3, New England College 14
11/13
SMC 2, New England College 4
11/29
at Castleton State

**Men's Hockey**

11/13
SMC 7, Carleton 4
11/19
vs. Connecticut College

# Frozen hopes of a turnaround

## *The women's hockey team begins season with four losses*

**By Ryan Dulude**
Staff Writer

Photos by Raina Jensen

**First-year Gabrielle Bourgeois takes a face-off against a Holy Cross player during St. Michael's season opener Friday, Nov. 5 at Cairns Arena in South Burlington. St. Michael's goaltender Marcy Ring waits in net.**

The St. Michael's women's hockey team opened up its 2004-2005 season on Friday Nov. 5 and Saturday Nov. 6 with losses of 9-0 and 6-4 against conference foe College of the Holy Cross.

Marcy Ring, St. Michael's starting goalie and assistant captain, summed up the weekend for her team.

"We all worked really hard," Ring said. "We came together, showed a huge improvement and showed up to play hockey."

Last year, the Purple Knights trudged through a dismal 3-20-1 season, including a 2-15 conference record. This year, the team was picked to finish 8th in the 12-team ECAC East.

Friday's season opener did not start well at all.

Taking advantage of two checking penalties against St. Michael's early, Holy Cross struck with goals in the first three minutes of the game by Kolt Bloxson and first-year Samantha Rush. The Crusaders struck again before the first period ended, bumping their lead to 3-0.

The second period was similar when Holy Cross lit the lamp three more times, including another by Bloxson midway through the period.

The third period didn't fare much better for the Purple Knights. The Crusaders scored three more times to make it 9-0 before the final horn sounded. In the end, Holy Cross had amassed 33 shots on goal, as opposed to St. Michael's 18.

Saturday's contest proved to be better and more evenly matched, but it didn't start that way.

Holy Cross controlled the game for much of the first 10 minutes of the first period, tallying two power play goals by junior forward Sarah Wetherbee.

Holy Cross kept control of the tempo as the second period started. Crusaders sophomore Cathryn O'Conner lifted a puck over the pads of Ring 2:53 into the period to make the score 3-0. Soon after that, Crusaders junior forward Kathleen Remsberg banged in another puck [through the wickets of Ring] to make the score a daunting 4-0.

With 4:47 left in the period, St. Michael's first-year forward Brittany O'Brien fired a shot at Crusaders' goalie Casey McCullion. The puck bounced off her pads and deflected to the stick of Purple Knights' first-year Gabrielle Bourgeois. Bourgeois proceeded to lift the puck over McCullion's left shoulder, and St. Michael's had its first goal of the game, and the season. O'Brien was credited for the assist on the play.

After that goal, things began to roll for St. Michael's.

**Assistant captain Marcy Ring blocks a shot from a Holy Cross player Friday, Nov. 5.**

**First-year Tracy MacGregor bobs and weaves past a Holy Cross player on Friday, Nov. 5.**

First-year forward Leslie Pomponi brought St. Michael's to within two goals of Holy Cross when her shot from the left circle after a face-off went over the outstretched right arm of McCullion. Sophomore forward Martha Salois was credited with the assist.

With that, St. Michael's went into the locker room before the start of the third period trailing 4-2, but holding a whirlwind of momentum.

Assistant coach Anne Blair attributed the shift in tempo to the team's attitude.

"I think they became more confident when they scored their first goal," Blair said. "They started believing in themselves, and they responded to that."

The momentum shift was especially evident at the start of the third period. St. Michael's came out with guns blazing and an edginess to its play.

Purple Knights captain Holly BrandL pulled her team to within one goal of Holy Cross when her one timer trickled past the outstretched right leg of McCullion, 5:12 into the period. Junior forward Michelle Miaskiewicz and senior forward and assistant captain Meg Lyons were each given an assist on the play.

Time ran out for the Purple Knights though. Holy Cross's Shauna Pires widened the lead to 5-3 when she slapped in a rebound with 9:12 remaining on a shot that Ring had tried to pounce on and cover.

Bloxson added an insurance goal for the Crusaders with 6:18 left to make the score 6-4.

St. Michael's senior Kate Talbot scored a late power play goal with 2:28 left, but it was too late. Talbot received a pass and shot a puck from in front of the blue line. McCullion didn't see the puck, and it sailed past her right shoulder to the back of the net. Salois and Pomponi were credited with the assists.

When the final horn sounded, St. Michael's was defeated 6-4. Ring ended up with 38 saves for the Knights, while McCullion stopped 36 shots.

Despite the loss, however, the women were not disappointed in their showing.

"Well, compared to yesterday's game, it's like a brand new team," BrandL said. "Everyone had great energy today, the type of energy we need to win and beat other teams. We didn't have the winning goal or anything like that, but we still feel good about the game."

Blair agreed with BrandL's statement. "I thought we started to play the way we are capable of playing today," she said.

As for practice in the coming weeks, Blair indicated that keeping the momentum and the newfound confidence healthy will be a key factor.

"We need to make sure that they believe in themselves," she said. "We also need to make sure they are confident at all times and bring that out before every game or practice."

BrandL summed up her vision of improvement for the rest of the season.

"We know what we have to work on and in practice we'll have to fix that," she said. "We need to keep the intensity up in practice that we have been doing because how you practice is how you play."

The Purple Knight's dropped two more games to New England College last weekend. On Friday, Nov. 12, the team lost 14-3 and Saturday, Nov. 13, the final score was 4-2. This makes the team record 0-4 as it prepares to battle with Castleton State this weekend.